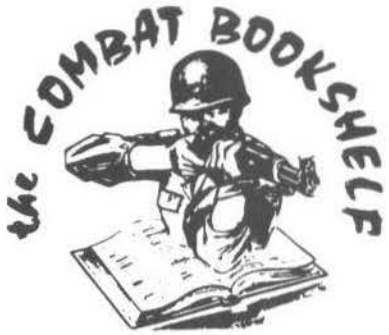
STREET FIGHTING

AMERICA'S MARTIAL ART

by George Carpenter



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America's Martial Art

by
George Carpenter

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Terry

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Introduction

This is the book I've wanted to put into your hands for a long, long time. A for-real program designed to arm the average citizen against the real situations he's likely to face in the street as a result of our changing, ever heavier times, and the growing rate of assaults on the street and even in local neighborhoods. Laws being what they are today, the street-wise criminal knows that there are a variety of things he can get away with, including stomping someone into a hospital bed during the commission of a crime . . . or just because he doesn't like someone's face . . . as long as he's not carrying a weapon. True, he may be arrested, but he's not afraid of that because he's used to it. And he knows that when the plea bargaining is finished, he'll either be walking the streets on probation or pull maybe 30 days. That is if he isn't "cut loose" after just a few hours as a result of an "O.R." or no charges being filed due to a full court calendar.

So the unarmed assualt by a physically more powerful criminal is becoming the "in" weapon these days to use against Joe Citizen.

The best firearms or commando weapons in the world are useless in protecting you and your family against someone who simply decides to punch your face in. That is, unless you want to risk going to prison for assault with a deadly weapon (and find yourself living with the very criminals you tried to defend yourself against). And most people know by now that the current "karate schools" are next to useless in preparing you to face a for-real streetfight situation against someone who knows what he's doing. Most of these self-defense courses are taught by people who can't show you what to

do in the street because they've never "been there" themselves.

I have been there. I can show you what to do because I've done it myself and seen it done. But I have yet to see a book that's been written that will give you the whole shot . . . the real skinny on how to prepare yourself to confront an enemy in the street and win. Any enemy, from the wise teenager punk who wants to intimidate you, to the violent drunk or doper . . . to the experienced savy streetfighter. And with our changing urban and neighborhood situations, they may be closer to you than you may now imagine. So you'd better be ready to face them, to either stomp them to jelly, back them down, or get you a bodyguard or muslceman to put them in their place.

As I've indicated, I've wanted to put this program into your hands for a long time. So here it is.

Which Type Of Streetfighting For You?

Most men, in at least one point in life, want to become better fighters, or if they don't know how to fight very well, just want to learn how to handle themselves in a fight. These days more people are taking up martial arts because they are concerned with the growing number of assaults and other violent crimes. They want to be able to protect themselves and their families. Other reasons for wanting to become a "badass" can range from the case of the sterotyped ninety-eight pound weakling who's fed up with being intimidated all his life by bullies, to the guy who's just been put in the hospital or otherwise comes out a loser in a fight . . . and wants revenge on his enemy in the next go-round. Still other people are simply aggressively competition oriented or sports minded, and choose martial arts as their sport. The one thing they all have in common is a desire to learn how to whip someone else in a fight.

If the above sounds like you, I'll bet that your first action will be to look in the yellow pages of the phone book under karate schools, or go to your local library or book store to get your hands on some type of book teaching an oriental method of self defense. If you're a little more practical you might pick up a book on boxing. Naturally, you'll want to decide which method will make you the most deadly in the shortest possible time. But, what with the conflicting claims you have heard, plus the wild and confusing array of book titles and names of "karate schools," it can be hard to make up your mind. Should you learn tae kwan do or kung fu? Which is deadlier, kempo karate or hapkido? And what about savate, the French foot fight-

ing? Then again, there's always judo or jiu jitsu. Perhaps you'll settle on the course teaching police and national guard hand-to-hand combat training. And what the hell is aikido, and is it more effective than Korean karate? Or maybe you'll just finally decide it's best to visit your next-door neighbor, who claims to be a retired ex-Marine top sergeant. Pop open a beer, sit down, and he'll show you all the deadly commando tactics he used to kill off more than twenty Japs during the invasion of Okinawa way back in World War II.

It can be confusing. Many of these books and classes are written and taught by people with a lot of theoretical knowledge, but no practical experience. Karate and other oriental type training is often taught by an instructor who may be well versed in the sport (not to mention the phoneys out for a buck), but who's never been called upon to use his stuff in a street fight. The late Bruce Lee is rumored to have put a lot of these types in their place with his own no-nonsense style of fighting.

More than a few "karate schools" have opened up in tough neighborhoods, where it was felt cash could be made by signing up some of the terrorized citizens who needed to learn self defense. But these schools have closed up just as quickly when the karate instructor himself was thrashed or backed down by one or more of the local baddies!

More to be respected is contact karate, where they actually put on hand and foot pads and pound on each other in the gym and in tournaments. But how are the students of this sport going to do in the street with bare knuckles and unpadded kicks, when the blood starts to flow?

Boxing is my choice. I've used it in the street and I've seen it work. Boxing, along with weight training, was the standard combat training of the Iron Cross Motorcycle Club when we used to attack red "peace marches" in the streets and win. We never lost.

When someone decides to learn how to fight, "karate" comes to mind. There's a variety of people who may try to tell you that boxing skills will not prepare you for street fighting. To that, the first thing I have to say is this: horse crap. With one qualification, I have found that a boxer's

training is probably the most valuable combat skill you can bring with you into an unarmed street fight. The swift, natural speed and moves of a trained boxer, with his split second, trip-hammer power punching, can make a bleeding defenseless pulp out of almost anyone pretty quickly. That includes streetfighters and karateists alike.

The deadliness of a boxer's fists is one reason why a professional boxer can be in big trouble with the law if he uses his skills to work someone over. This is also why whenever there is a mixed match, where a boxer and a karateist are put into a ring together, the boxer almost always knocks out the karate man in a round or two.

As I mentioned, there is one qualification to this, namely that when using boxing skills in a street fight, you do not LIMIT your attack to Marquis of Queensbury rules which govern the boxing ring. Use your boxer's training to smash in straight rights to your enemy's jaw or nose, which can break both. But if you see an opening to drive an uppercut to his crotch, below the belt, go for it! Likewise if you have a man on the ground, you don't wait for him to get up. Kick him in the temple and put him away, if it's that kind of a fight.

BOXING VS. KARATE

The karate world has just in recent years conducted it's tournaments with "contact," where the contestants actually hit and kick each other with padded hands and feet. Before this it was felt that karate kicks and punches were so deadly that it would be suicide to conduct matches where blows were actually landed. While in training, as well in tournaments, karateists were trained to hit "at" the opponent, deliver a punch or kick, but to stop the blow just short of hitting the target. Many karate schools still train people to fight in this manner. Of course the idea behind this has been to prevent injuries in training and official matches, but to actually strike a bona fide assailant in a real street fight. Unfortunately, the "no contact" type of karate training operated largely on theory, not actual working knowledge. The only chance a karate student would have to find out whether or not karate had made him into a walking death

machine his school had promised was when he had to use it for real for the very first time . . . in the street.

Unfortunately, the "no contact" training went a long way to make karate training a standing joke. Black belts and students alike could be thrashed by just about anyone who had for-real fighting experience, used to dishing punishment they've seen work, as well as having learned to take it and still hang in there. And the 98 pound weakling who learned karate because he was told that "size doens't matter," would find out pretty quickly that his well timed chops and other karateists lacked the courage to use the training when the opportunity arose. After all, they'd never seen their theoretical fighting ablity at work. They didn't have the confidence of, say, a boxer who'd actually seen what his punches could do, even with padded gloves.

So karate went "contact." Today more and more karate schools are training their students with sparring matches in which blows are delivered and received. Since they have gone this route, the karate people found one thing to be true. They had a lot to learn from boxing. Discarded in actual combat karate are most of the complicated and exotic moves. Contact tournaments have taught them what works and what doesn't work in an actual fight. Chops and "reverse punches" have been largely replaced with the faster straight punches . . . . part of karate training, but better represented in boxing. Exotic sweeping kicks were found to lack the force they promise, as well as leaving the kicker wide open for the opponent to move right in and knock his head off with a few solid punches. The karate people found that it was almost always the man with the fastest, most powerful PUNCHES that won the match. In fact, fast straight punches became so favored by karateists that very soon tournament rules were changed to require any contestant to deliver at least three (sometimes more) kicks in each round or forfeit the round! Karate instructors have learned to teach their students to get up on their toes and MOVE, as opposed to the old theoretical karate attack, in which the karateist walked (or sort of "slid!") quickly, flat-footed in a straight line, assuming the enemy would always be right in front of him.

Karate has come a long way in becoming a practical

fighting skill. Also, with the simpler moves now being emphasized, a student doesn't need to go through months or even years of training before he learns how to really us it.

However, I still have to hold boxing as the better training for street fighting. Karate training has, in my opinion, improved only by learning to copy boxing. That includes using the heavy punching bag in training these days, whereas before the karate student was taught to toughen his hands primarily on stationary boards and pads. I believe in learning the skills from the source . . . not second hand. And while some karate moves, not found in boxing, are valuable, such as the front snap kick, pokes to the eyes, and a chop to a strategic spot, these are moves universally known in street fighting, aside from karate training. A boxer nearly always has faster hands and hits harder than a karateist. A boxer is harder to hit and harder to defend yourself against. When you train as a boxer . . . plus add a few "dirty" street fighting tactics to your arsenal, you've armed yourself with a weapon that you can use in the street with deadly effect.

One final point in my argument. It is boxing that is the favored combat sport with the tough street youth who's already a fighter. He instinctively sees the value of this practical fighting sport, and you'll find the ranks of boxing full of people with a real history of street fighting and violence. Go to any big city boxing gym and you'll find some genuinely tough people there. Anyone who wants to become a boxer finds out pretty quickly whether he's got it in him once he gets into the ring . . . whether he's tough enough to take the punishment and mean enough to dish it out effectively.

Not usually so with karate. Check out both worlds and you'll see what I mean. While there are tough people in karate, also, you'll find a lot of pantywaists in the sport too, and phonies. The fact that so many karate instructors are forced to cater to paying students who are soft and middle class tends to limit how tough they can make the training. Too many students dropout and the karate instructor can't pay the rent. The result is often inadequate training.

I've personally seen the differences between the two, even on the child's level. My son, Terry, had been in a variety

of fistfights, as well as having learned some basic boxing moves from me, by age 6, when we lived in a largely black and chicano section of Los Angeles. I felt he could handle himself pretty well, so I enrolled him in a kiddies contact karate class, hoping to see him put his fighting ability to a more constructive use than getting into trouble for it in school. I was proud of him when the karate instructor had him spar with a couple of kids his own age, who had already been taking karate. He wiped each of them out within a minute apiece. After this, however, the instructor would never let him spar any of the boys in his age group, and I noticed that whenever anyone drew a little blood a sparring match was ended! To say the least, that wasn't my idea of teaching boys to fight. After a couple more such starts, I gave up the idea of karate for my boy, though with the Bruce Lee fad, it was the in thing.

Then I put him into boxing. It seemed like the difference between night and day. In the boxing gym the trainers were interested only in working with the boys who were determined enough, tough enough, to keep coming back and keep trying even after getting hurt. The result was that the junior boxing team was made up of boys who could really fight, and my son found a variety of boys who he could get into the ring with and have it out . . . and learn to fight better. Frequently, a new boy will sign up with the program. But if he's not really determined to make it as a fighter, if he can't take it, he'll be a washout. On the other hand, if he sticks with it he'll learn the priceless fighting skills that will enable him to not only make it in the boxing ring, but handle himself in the street as well.

All of this brings us to the bottom line in my little pre-training pep-talk. My intent is to give you the skills to handle yourself in the street and win a streetfight. It may save your life some day. But I want to point out that you cannot learn to fight well simply from reading this book or any book, any more than you can effectively apply much of the theoretical nonsense often taught in karate. I will give you the vital information you need, here in these pages. But it is YOU who must practice it. That means you must get yourself a sparring partner, so that you can develop your skills by actually

putting them to work. You must set yourself up a heavy punching bag and train religeously on it. In essence it's the same as with weight training. The mere knowledge of the lifts required to build your muscles in not enough. You have to get to the gym, or buy yourself some weights, and begin working out with them.

So keep in mind as you read my little "martial arts" course here, that fighting skills can't be developed by mere reading. It takes practice. I'll give you the info you need to put somebody in the hospital, or maybe Forest Lawn. But what you decide to do with it is up to you.

A Boxing Attack You Can Use In The Street

This is by no means a complete boxing course. There are a variety of boxing skills required to become a good boxer who can stand up against another boxer in the ring. It can take years to perfect boxing ability to the professional level, and a few honestly claim to know it all.

But you don't need all this to make fearsome use of boxing's basic weapons, such as power punching. With what you'll learn here you can hammer an enemy in the street into a bloody, bleeding pulp within seconds . . . the same way a professional prizefighter can.

This is the real thing. With special attention here, students, you will be training exactly the way a boxer trains. You'll be learning the skills that make the trained boxer such a deadly street fighter that he is forbidden by law to use his fists as weapons except in the most extreme circumstances.

With one solid punch, you'll be able to break a jaw, a nose, or ribs. Sink a punch into the solar plexus or kidneys, and you can have a man down on the pavement in a second, writhing in agony. Or you might just want to give somebody a warning-type smack upside the head, as I saw an amateur boxer I know do not long ago. That one "whack" messed up the whole left side of the guy's face. Damage was an eye swollen shut, lip split and puffed up to the nose, and a tooth cracked off. It's hard for the average man to understand what the impact of a boxer's fist can do, and how such extensive damage can radiate from one terrific power punch.

But once you've trained, and seen what you can do in the street, you'll be a believer. You'll have the confidence in your power and ferocity to be able to confront your enemy in

the street. You can say, in the very words of the above-mentioned boxer, trying to draw an opponent into a fight . . . "You can streetfight. I'll box."

In boxing, there are a variety of elements to be learned: position, hitting, blocking, footwork, attack, defense, and counterattack. Let's consider the first of these, and then, on down the line.

POSITION

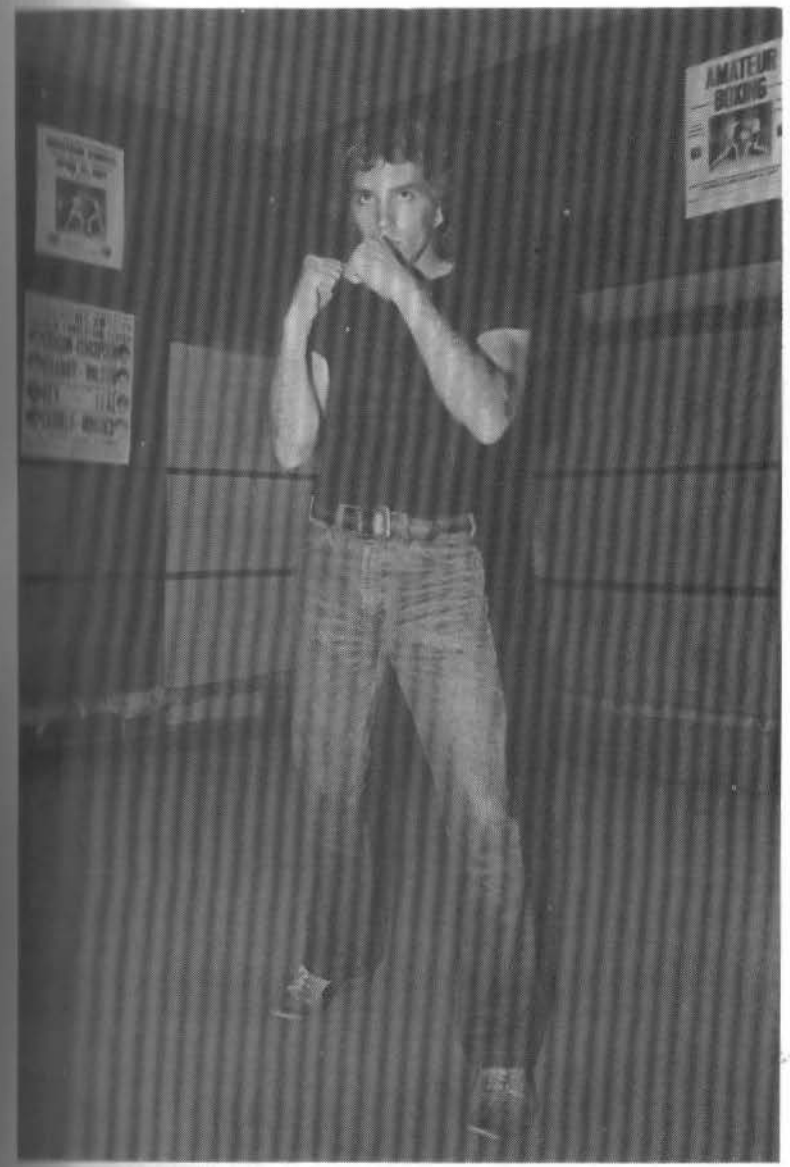
In order to hit the fastest, and with the hardest impact, you need to have good control of your balance. As you move you'll be shifting your weight from one leg to the other and back again. If your stance is too wide, you may have a little more power, but you will lack speed and good movement. You can be nailed. Likewise, a short stance, with feet too close together, will lose you power and balance.

The first thing to remember is to keep your feet directly under your body, slightly wider apart than shoulder width is perfect for most. Balance your weight between both legs, or slightly forward, over the left leg. (If you are left-handed do things exactly in reverse order from everything I tell you here. You're a "south paw.") Proper stance is to have the left foot forward and the right foot to the rear (see illustration). Likewise, the left hand is held forward, in closer striking position to your opponent. Be loose, don't lock your left knee. Carry your head slightly forward and downward, chin slightly "tucked" behind the left shoulder. Hands must be up in defensive position, with the right hand to the right and slightly forward of the right side of the jaw.

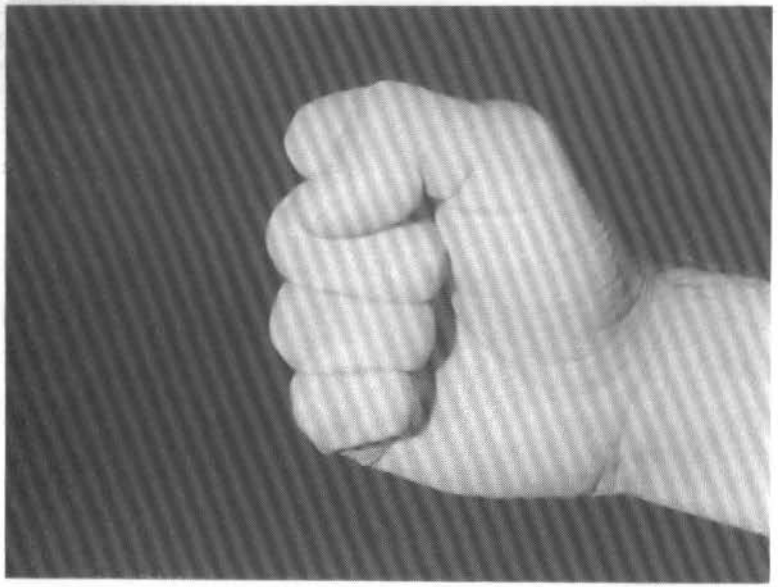
When within hitting distance of your opponent it is vital to keep your hands UP, in blocking position unless you are delivering a punch. When a punch is completed, the hand must return immediately to it's blocking position. When you are out of range, you can relax a bit.

PRINCIPLES OF POWER PUNCHING

The whole idea in boxing is to outpunch the other guy. To hit the most and get hit the least. To get the maximum



Proper Stance



Correct Fist

punching power you must put your body, your weight behind the punch, instead of using arm power alone. Also, it's vital to hit with a snap, explosive impact, not jut a fast "push-punch."

The "natural" way to punch is to swing, to throw "haymakers." That's the way most people fight, including a lot of experienced streetfighters. You'll have the drop on them when you learn to punch straight. The shortest distance between two points is a straight line. When you hit in a straight line, your punch will beat a swing every time. Your's will land first, and more accurately.

As you hit, you'll be quickly shifting your body weight to align itself with the blow. When throwing a punch, learn to swiftly pivot at the waist: put your hip and shoulder behind the punch. You suddenly shift your body weight forward, in direct alignment with the punch. This is not a "natural" movement, and you cannot fully get the feel of it from reading these words. But in your training, practice it. It will

be awkward at first, but when you get it right, you'll instinctively know it. You'll also see the effect it has on your sparring partner, or how much harder it strikes the heavy punching bag.

When you hit, it's the same principle as the snap of a whip. You don't "push" all your power out, with lots of effort at the start, getting it spent out as it gets closer to the target. You "throw" it all out there first; fist, shoulder, hip, bodyweight . . . fast and loose. But upon impact with the target it all comes together instantly: POW! The fist clenches suddenly, muscles tense, the whole body comes into perfect alignment . . . everything you have, suddenly tensed behind that blow.

When you punch, you never punch "at" your target. Punch THROUGH it. When you throw a punch at a man's head, for example, your intent should be to punch "through" the front of his face and out the back of his head. Of course, it won't happen that way, but a punch fired using that principle will pack much more wallop than a punch merely thrown "at" the face.

Choose targets such as the nose, eyes, jaw hinge, point of the chin, throat, solar plexus (the point in the midsection between the belly-button and bottom of the ribcage), kidneys, crotch and temples. Blows here can knock a man out, cut him, or otherwise do damage.

Avoid targets like the forehead, top of the head and the teeth. You can damage your hands by hitting these areas.

If you follow the training in these pages you will develop power punches, and be able to hit with the speed and impact of a professional prizefighter. You'll be able to hit far harder than the average man, and very few people can stand up under the punishment of a trained boxer's attack for more than a few seconds.

But never assume anything. A punch that will knock one man senseless will not necessarily have the same effect on another man. So when you are in a streetfight your object must be to deal out the greatest possible punishment in the shortest period of time. Don't give your adversary time to think, rest, or mount an attack of his own. Your object is to put the guy out "right now," or at the very least to

convince him that every second he's close to you he's going to get hurt. And when you do have him hurt, that is the time to really pour it on, to finish him off.

PIVOT-PUNCH EXERCISE

A great exercise to get the "feel" of proper hitting is to practice pivoting at the waist. Stand straight, but loose, arms hanging down at your sides, feet about shoulder width apart, or slightly wider. Keep the head slightly forward, chin slightly down. Then start pivoting from the waist, left to right, then right to left. Make sure it is the waist, not the shoulders, that the action is coming from. Keep your feet flat on the floor. When you've done this for awhile you'll begin to see the principle.

Next, get your hands up there in blocking position, as I've described in my instructions on stance. Then, as you pivot, "punch." Drive your fist forward. Remember, power starts at the hip. Once you get the feel of it, remember to apply this movement to your punching when you work out on the heavy bag and when you spar and shadow box. These we'll get to presently.

You'll find that as you practice this pivot-punch exercise, you will have the urge to shift your weight behind the blow, put a bit more leverage behind it. Do so. You'll find that as your weight shifts, the heel of the foot on the same side as the punching arm wants to come up, leaving only the ball of that foot in contact with the floor. Follow through on it.

With a little practice on this everyday, you'll soon get the feel of the basic idea behind power punching.

BASIC POWER PUNCHING

Straight Left

This punch is usually called the Left Jab, and used as a light, "feeler" type blow to set the opponent up for other punches. However, I have found that this use of the left can be a waste of what could be a great punch: a straight left. I often call it the straight left, although it isn't different in

Pivot Exercise

form from the left jab. It's just a whole lot harder, and I want to spell out the difference. Many boxers will poke or "paw" with the left, but, used properly it can be a stiff, jolting punch that can do damage. Put your straight left in there correctly and you can break a nose, damage and cut an eye; make it close up. In streetfighting, a power left to the throat can win the fight for you.

To deliver the straight left, start the punch from the "in position" stance you learned earlier, with the left carried high in blocking position. Drive the fist straight outward. As you do so, your fist will automatically turn, with the top knuckle ending in the up position as full extension of the arm is reached. This is natural, let it be. When impact with the target is reached, the arm and fist become rigid at that exact instant. Then the arm relaxes and returns "naturally" back to it's former position.

It is extremely important NOT to make the mistake that many many boxers make when they first learn the left jab, or straight left. Do NOT let your left fist drop . . . even slightly . . . as you return it back to shoulder-high position. Don't "drop your left" after the punch. If you do, you are leaving your opponent an opening which could get your block knocked off. He can cross a straight right over your left hand and belt you right on the jaw or temple. The most famous example of this tactic was the classic bout many years ago, when the great Max Schmeling of Nazi Germany demolished Joe Louis, the soon-to-be heavyweight champion. Schmeling, the former champion, was past his prime and very few gave him a chance to defeat Louis, the Brown Bomber. Louis was young and knocking them all out on the way toward winning the championship. But Schmeling was crafty. He watched Louis fight, and noticed that he dropped his left hand slightly after delivering his jabs. So when they finally fought each other in the ring, Max began delivering solid, crushing righthands over Louis' lowered lefthand guard. Joe was knocked out after taking a terrific pounding.

Learn your straight left correctly the first time, use it correctly every time . . . and don't learn bad habits that could cost you dearly.

Learn to deliver your straight left with snap, with shoul-

Straight Left

der behind it. Make if fast, fast, fast. This will be the punch you'll be using most in boxing, so perfect it until you can put it on target, right where you want it every time. Archie Moore, former light-heavyweight champion, used to practice his left jab for hours at a time, holding a heavy flatiron in his hand. He claimed that this practice made his left faster in the ring. On the other hand many boxing trainers advise against using a weight. I tend to favor holding some type of weight in the hand for practice, it seems to add speed to my left, and help on endurance.

It is true that your straight left will not be as hard as some of your other punches, such as the straight right. You must sacrifice some power to get the SPEED you want into the left. You want it always ready to smack instantly into your opponent's face, making it hard for him to "set" his own punches up, doing damage from the very start of the fight. It will mess him up. But make it as hard-as-it-can-be for what it is. Make it a real punch. You'll end up not merely with a good left jab that stings or annoys . . . but with a powerful straight left that can bust a man's face open, a terrific "power-piston" that slams in there like a boxer, and can do some real damage.

Straight Right (or Right Cross)

This is boxing's most commonly used knockout punch. It is easy to master, because it's a "natural." Along with the straight left, this is one of the two most important punches in boxing, and many a bout has been won by a fighter using just a good straight left to set his opponent up for the straight right. Develop explosive power into this punch and you'll have a terrific weapon to use in the street.

Here's how to throw your right. Begin in the basic position. Drive your right fist out at shoulder height. At the same time shift your weight forward onto your left leg. Pivot your right hip forward, and throw the weight of your right shoulder . . . both . . . fully behind the blow. At the moment of impact the right arm is fully extended.

Practice this power punch religiously until you get plenty of explosive impact with it. Learn to deliver it swiftly,

Straight Right

smoothly; putting all your weight behind it. You know you are getting it right when you zing it out there with enough force to make you feel as if you might pull your arm out of its socket. Go for accuracy too. You want to be able to drop this bomb in on your opponent right where you want it.

I have found that the best way to use the straight right (aka right cross) is to set your opponent up with your straight left. You begin by smacking him one or more times with the straight left. His attention will now be on that punch hitting him. A split second after scoring a left, let fly with your straight right. Unless he's a boxer himself, he won't be ready for it, he won't see it coming. POW! You have just scored your straight right. Learn the art of throwing the right "behind" the straight left. Then, the instant your opponent feels the impact of your left in his face, your power right is already on the way.

Upon completing the straight right, you can either return it to its former position, or follow it up with a left hook.

Left Hook

The left hook can be an explosive, crushing, power punch. An excellent knockout punch, if delivered properly. However, unlike the straight right, the left hook is a difficult punch to master, and few boxers have a really "classic" left hook. Still, if you can get a fair amount of accuracy into this punch, along with as much power as you can pack into it, developing your left hook is worth every bit of effort you can put into it. Against the average street fighter, you'll be able to score with telling effect. Some years ago, during an attack on a red anti-Vietnam march in Los Angeles, I saw Mike Brown, Iron Cross president, jolt a man clear off his feet with one of these punches.

As with the other punches you've learned, begin the left hook from the "in position" stance. In this one, the "fist follows the body" in a sense. Observe closely, students. First throw your left hip and shoulder to the right, leaving your left arm and fist behind (still in basic position). Wild, eh? All your weight shifts to the right leg. Now, leaving the left arm bent, using a " whipping action," zing that left arm

Left Hook

in an arc to the right, following your body.

At first this may sound complicated, and feel unnatural. One tip: practice in slow motion at first to get it together. As you pivot your left hip and shoulder AWAY from your stationary arm, you'll quickly reach a point where you can turn no further without pulling the arm with you. You'll feel your left shoulder joint "lock." THIS is the time to WHIP that left hook into action.

You must, of course, get these moves down so that they blend into a smooth, split-second delivery. Getting power and accuracy into your left hook is something else again. Practice. Practice. Practice on the heavy bag. When you feel it hitting solidly, jolting that bag, you know you are getting somewhere. When you can tag your sparring partner with it during an exchange of punches, or drop it in on him otherwise, you're on your way. You have yourself a left hook. Perfect it.

UPPERCUT

This basic boxing punch I advise you to use with care, if you use it in the street with ungloved hands. First of all, when delivering this punch to the head, it is very easy to catch your opponent full force with your bare knuckles on the edge of his upper teeth. You can mess up your hand pretty badly, even though you do damage to him. Not to mention possibly injuring it so that you can't fight with it, a serious infection can set in later, due to bacteria on the teeth. Second, an uppercut delivered improperly during a streetfight can result in a dislocated thumb. This has happened to me twice. If I use the uppercut at all during a bare knuckles fight, I'll use it as a body punch, and deliver it more as a "hook-uppercut" to the body, rather than a true uppercut.

Nevertheless, it does have it's uses in boxing, and deserves a mention here. To deliver an uppercut from your basic stance, (let's assume you are throwing a righthand uppercut) bend forward and to the right, "dipping" the right side of the body, especially the right fist and shoulder. The right fist begins the punch, palm up. Keep your left arm and fist in

Upper Cut

blocking position to protect your left side. Rotate your upper body from its "dipped" position to the left and upwards in a sudden move, bringing your right fist home in a whipping action to it's target. I'd advise a body punch for streetfighting, as I've already indicated: to the crotch, to the solar plexus (the area in the center of the body, between the bellybutton and the ribcage). It's great when delivered to the kidneys, if you have the opening. It's effective when you catch your opponent under the chin, or in the throat, but make sure you are right on target and that you catch him with your knuckles . . . not your thumb!

The uppercut can be a great punch to be used by a taller man against a shorter man who attacks from a crouched position. A variation of the uppercut is the bolo punch, made famous by Kid Gavilan of Cuba many years ago. This punch I mention because it will add to your boxing skill, but I'd advise you to use this only with padded gloves. It is a sweeping, often innaccurate punch, and hand injury is pretty likely using bare knuckles. Let us say you are boxing a shorter man who keeps crouched and out of range until he attacks. When he does so, he weaves right in under your best straight punches and jabs. He's hard to hit. You want to attack, but when you do so, your punches hit to the top of hit head and his gloves only. He's in a crouch, body bent forward, head down. He can be successfully attacked and defended against with uppercuts and bolo punches.

I realize that at this point there are boxing trainers who will snicker. But I've seen it work. The very unorthodoxy of the bolo is why your opponent won't be ready for it. What is a bolo punch? It's a long, sweeping uppercut, delivered from a greater distance. It can leave you open, so you'll have to be fast. When your man is just out of range, you suddenly step in and deliver a long, looping, bolo in an underhand arc. It will travel right up under his guard and belt him on the chin. He may be ready to defend against uppercuts, delivered from closer range, but he won't be ready for this. Attack from up under his guard will tend to straighten him up, where he can be hit with your straight punches . . . as well as the uppercuts and bolos doing damage of their own.

There are a variety of blocks in boxing, but since you are training for street fighting there is very very little likelihood that you will need to use the defenses necessary to protect yourself against a trained boxing attack. You'll outclass 90% of the possible opposition once you've become skilled at straight power punching with your left and right, as well as having a jolting left hook. Your punches will be hitting their targets before the other guy gets his own started. If you both throw knuckles at the same time, your's will still get there first. His will likely go wild, or hit you on the shoulder, or the top of the head. A good attack with straight punches, demolishing his attack, is a great defense in itself.

Yet there are a couple of things to remember. First, keep those hands UP in blocking position every second you are within range of his blows . . . unless you are punching with them. When you complete your punches, your hand immediately returns to blocking position. When one of his haymakers come at you from the right, instantly brace the right arm and fist. Move it a couple of extra inches from your body to block his punch. Likewise with the left. It's a natural. Keep your defense TIGHT. Elbows fairly close to your body to block body blows, not pointed out to the sides. Make it so that his swings come at you from the outside . . . while your straight punches hammer him INSIDE his own guard (if he has any).

Your left is a good defense to prevent him from "getting set" to throw his own punches with any force or accuracy. Keep smashing it into his face, bip, bip, bip. Often he'll "telegraph" his punch before he throws it. Most people do. If he's going to swing his right at you, he'll cock his fist, draw it back, even slightly, an instant before he lets it fly. At that instant you ram your straight left into his face with plenty of snap and impact. That hurts him and knocks him off balance, his eyes blink. He may not even get the punch going. He may just try to "set" himself again, at which time he gets hit with another left. Counterattack with a smashing right cross.

Of course, in a streetfight, keep in mind that you may be facing a coordinated attack. Expect him to use his feet too

. . . just as you'll be using yours if you want to. But here, we are talking about punches. Quite a few streetfights consist of nothing but punches on both sides. Remember that most of the people you'll be fighting in the street will no more be "expert streetfighters" any more than they will be professional boxers or even amateur boxers . . . but it doesn't take an "expert" to put someone in the hospital. It happens everyday as a result of terrific beatings; fists as weapons. Boxing gives you the power, speed and skill to not only inflict great damage with your fists, but defend yourself against a punching attack. There is little that irritates me more than to hear the crackpot statement that boxing skills are no preparation for streetfighting.

FOOTWORK

In a fight you want to be able to hit the most and get hit the least. Become a moving target and you are that much harder to hit. When you attack, you want to be able to move quickly and coordinate your punches with the move. You want to be able to move out of range to avoid his punches, or "rest up" for a few seconds before moving in for another attack. Coordination of hands with feet is the key to keeping your all-important balance while attacking and defending.

Advance, retreat, move to the left, move the right.

Advance

In your basic stance, your left foot will be forward. To advance and attack, step quickly forward with the left foot. At the same instant "shove off" with the right foot, this propels you forward quickly. In moving forward, your left foot should be no more than an inch or two from the ground. The instant you set it down, you move your right foot forward to catch up to your body. Now your feet are at the same distance from each other that they were before the advancing step. This advancing step is a STEP, not a jump or a hop. Your body tilts forward and down slightly during the step. The advance is a long, swift step forward, left foot first, right foot immediately following.

Retreat

The retreat is the exact reverse of the advance. From your basic position you step back with the right foot, shoving off with the left foot. The right foot clears the floor by no more than a couple of inches, immediately followed by the left foot.

Moving to the Left

From your basic position simply step with your left foot to the left. The length of the step depends on how far to the left you want to go. Again, clear the ground by only an inch or two. Then bring the right foot also to the left, and set it down to bring you back into the basic stance. Naturally, this should be coordinated into one smooth, swift movement.

If you want to CIRCLE to the left, rather than just make a move, pivot slightly on the left foot as it hits the ground following the step left. Swing the body around to plant your following right foot back at the same basic position you started.

Moving to the Right

From your basic stance, step to the right, using your right foot, and follow with the left. To circle, pivot on the left foot as you "shove off." Some boxing trainers advocate stepping to the right with your LEFT foot first, I tried it and found it awkward. You try both methods and choose whichever feels more natural to you.

HITTING AND MOVING

It is vital to coordinate your punching attack with your footwork. You can't just move in, then punch. For a really effective attack you have to learn to slam those punches in there while moving forward, on the attack. Likewise, learn to punch while moving backwards. You can punish your opponent and keep him off balance with your left, while retreating.

Learn by doing. First practice your footwork without punching, holding your hands up in blocking position. Practice your advance and retreat, moving and circling left and right. When you feel that you are getting it down, getting in the groove, start punching as you move. Fire lefts as you advance and retreat. Advancing to attack, practice throwing your straight rights and left hooks. When you can put all this together when you are having it out with a sparring partner, you're learning.

DON'T DANCE

One of the best ways to run out of gas, to become exhausted, is to jump all over the place without purpose during a fight. Economize on your moves, save your wind. Get your speed and footwork down to the point where you can stand in one spot, moving only for a definite purpose. If your opponent comes at you and you want to stick him with a left, then stick and move. A couple of steps to the rear or side. Do not "chase" an opponent who is faster moving with longer legs. Do advance on him. But don't run, shuffle. Here's where practicing lightening moves really pays off. A taller, longer legged person may think he's going to "outbox you" by dancing all around you, and moving in and out to attack. Let him think that. Let him dance all around, out of range, and wear himself out. Let him make those big energy-wasting circles around you, while you move only enough to keep facing him. The instant he closes the distance, you spring to the attack. Beat him to the punch. Let him close the distance with the footwork, you suddenly take one step forward and let him have it. If he has longer arms, he has an advantage, so this is where it pays off if you've practiced your speed.

THE FEINT

Better known as "faking him out," this is a great method for messing with your opponents head mentally to create openings for you to MESS UP his head physically. Essentially, what you do is to make a false move. When he reacts to it, he creates an opening for you to belt him for real. For

example, you can fake a left, and when he moves to your right to avoid the left he thinks is on the way, he puts himself in range of your right cross. You then hit him with your right cross. A notable example of this was when Ingomar Johannson of Sweden flattened former heavyweight champion Floyd Patterson to win the title. He faked a left, that is moved his left as if he was starting a punch, but never threw it. Patterson moved to Johannson's right. Immediately Ingomar fired a crushing right cross, which he nicknamed his Hammer of Thor, catching Patterson to the side of the head. Down he went. After seven knockdowns in the third round the referee stopped the fight and Johannson was the new heavyweight champion.

Faking someone out in a street fight can be simple. A method I've used more than once is to deliver a couple of rapid kicks aimed at the opponent's crotch area. If they land, great, but likely as not, they'll hit his leg. But now he's worried about protecting the family jewels, so when you fake a kick, you take his mind off the fact that you are moving right in to deliver a few punches to the head. His guard is down and you'll nail him.

There are a variety of feints. When in the basic position, if you move both your hands rapidly in a "one-two" feint, he may blink, flinch, throw his hands up defensively, nervously. Use that instant to slam into him with everything you have!

SPARRING

You can't learn to fight simply by reading a book and expect to be able to get out in the street and knock 'em dead. It takes practice. You have to get used to applying all the methods I teach you here: Punching, moving, blocking . . . and most of all, hitting and getting hit.

Of course the best practice would be to go out and start a bunch of fights, first with people you have sized up and who you know are smaller and weaker, then work your way up. But let's face it, this is pretty impractical! Unless of course you want to risk spending a little time in jail, or getting yourself hurt when you underestimate someone.

The most sensible way is to perfect your skills and power, and get used to taking a little punishment gradually, in a controlled enviroment. Sparring is the answer. For this you'll need a sparring partner and the right equipment.

If you are going to practice boxing alone, all you'll need are the boxing gloves, boxing headguard, mouthpiece and maybe a protective cup. All of this can be bought at a sporting goods store. If the stores in your area don't carry boxing equipment, just buy a boxing magazine at your local magazine rack. There is a variety of equipment you can send away for. It will arrive, usually, within six weeks. If you are sparring for full street fighting you will definitely need protective cup and footpads to add to your collection. While the cup can be had at the same place you get your boxing gear, the footpads will have to bought either at a karate school or martial arts supply house, or ordered through a karate magazine.

Finding a sparring partner can be a problem. You are in luck if you have a friend who is interested in learning and sparring with you. If not, check out the local gyms, YMCA and other places like that. Post notices stating what you need and give your phone number and address. If this doesn't work, you are sure to get results using that old standard by, advertising. Put an ad in the personal column of your local newspaper, as follows:

Sparring Partner Needed
Student of martial arts needs person
to spar with. Protective equipment
provided.
(your name and address)

If you STILL don't get yourself a sparring partner, run an ad in the Help Wanted section, same ad, except stating you'll pay by the hour. Try listing $4.00 per hour, or $5.00. It sounds like a lot, but all you'll really need to start is two or maybe three 1 hour sparring sessions per week to start. No need to advertise the fact that you'll only need someone for two or three hours per week! As I stated, the rate of pay sounds like a lot. Unless you are totally broke, I can't think or a more worthwhile investment.

WHEN YOU SPAR

When sparring, remember it's practice for a street fight. So WORK. Practice boxing for the first half of the session, then streetfighting, using everything (except crippling maneuvers like eye gouges and so forth) else, including kicks . . . plus some grappling, wrestling, strength against strength (see what the weight training section does for you).

Naturally, you won't be sparring for the full hour straight. Work out a schedule of rest periods, and also rounds for sparring. I'd suggest three or four rounds of boxing, two minutes, plus three rounds of street fighting. Get an egg timer or third party with a watch or stop watch to time the rounds.

A ring would be ideal, but it there's none available, use a mat, or grass, maybe sand. Any soft surface that will break a fall.

When exchanging punches with your sparring partner, do NOT pull your punches, nor ask him to take it easy on you. It's a bad habit to train by hitting with less than full force. You may find yourself doing it in the street. Keep in mind that this may result in your sparring partner quitting on you. So be it. Especially with advertising you will always have others on call. You may go through quite a few.

By the same token, if your sparring partner turns out to be too much for you, if he wipes you out, don't be ashamed to admit it and find another one. You want someone who can give you a good fight, but not someone who totally outclasses you. That can lead to discouragement.

As you get better at fighting, do start sparring with people bigger than yourself. In the street you can't always pick the size of your adversaries. Learn to give and take with someone a little stronger. The whole object of sparring is to perfect your skills, as well as your ability to both dish out and absorb punishment . . . and still fight on for victory. Never dog it because you get hurt a little or bloody.

TRAINING WITH THE HEAVY PUNCHING BAG

Called by boxers simply the "heavy bag," this is a must if you want to develop your power punching. I advise not to

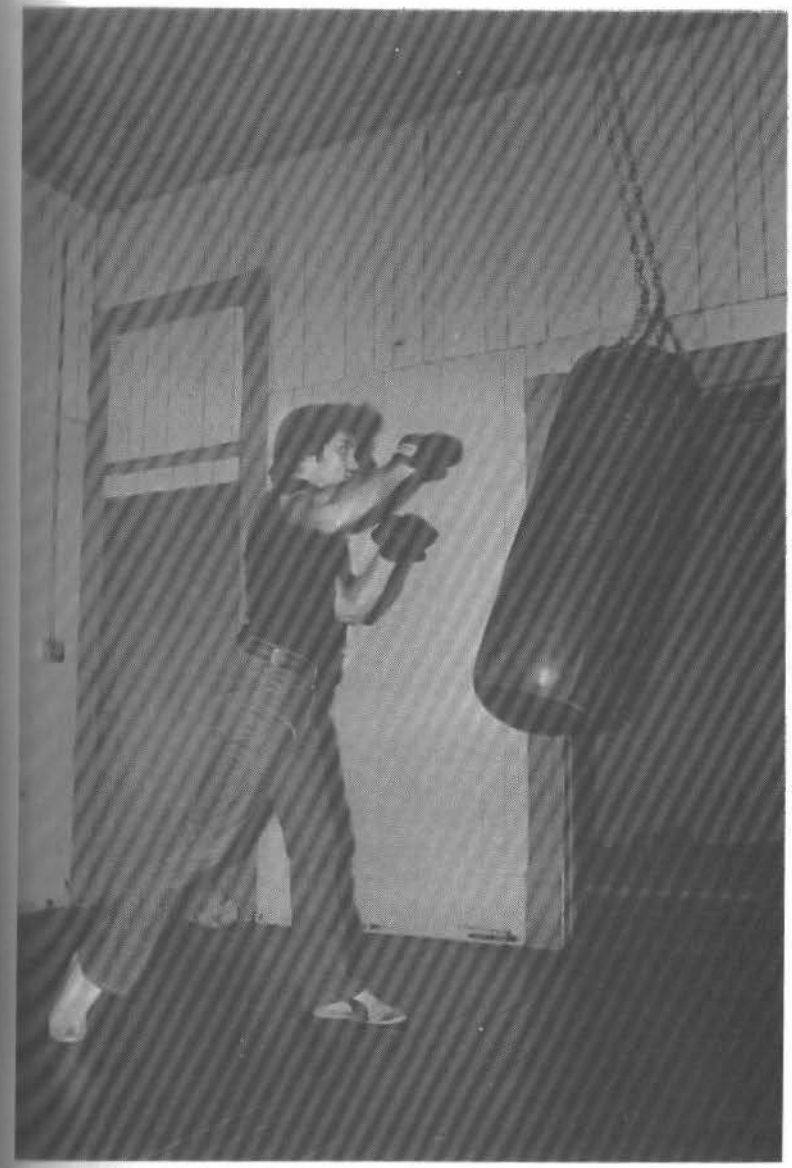
Mickey Mouse around on this vital piece of equipment. There are some excellent heavy bags to be had at sporting goods stores for under $100. No need to get one made of genuine leather, a good fiber-filled bag of vinyl or canvas will more than do the job. With it, you'll need to get bag gloves, light leather or synthetic gloves especially made for working out on the heavy bag. Without them you can skin your knuckles up pretty good during a workout on the bag.

If you just can't find a sporting goods store around that carries heavy bags you can pick up a boxing magazine at a newstand or store and send away for one.

If for financial reasons you can't afford to buy a heavy bag, make your own, like I did when I boxed at age 13. You start out with a canvas duffle bag. Then get yourself a pile (a big pile) of newspapers and a whole bunch of old rags. Wad up the paper and rags, and stuff the bag with them. Pack it down tight! You want this bag to be heavy and solid. When the duffle bag is packed and stuffed so tightly that nothing more can be fitted into it, then you have yourself a fair homemade heavy bag. Workout on this for now, but keep in mind toward getting yourself the real thing as soon as possible.

Whether your bag is new or homemade, hang it up, using the chains provided, or chains that you attach to your homemade job. Hang it from a solid beam, using a solid hook. Not only is it heavy, it's going to take heavy punishment. Never hang it from the beam over a doorway. Your bag must be free-swinging, with plenty of room for you to move around. Besides, in a doorway, one false punch could mean an injured hand. Puts quite a crimp in your training schedule.

How to train? Just practice every punch and maneuver I teach you in this section on the bag. Hit for power and speed, hit the bag as you move to the left and fight. Learn to hit the bag solidly while IT is moving. Good exhausting workouts on the heavy bag will build your endurance. You'll be able to keep punching, and keep those hands up. You can set a timer so that you can go "rounds" on the bag. The constant impact of your punching will strengthen your wrists and hands. Get them used to taking the shock of repeated punching. Once you find that you can punch this solid bag hard enough to



Working out with heavy punching bag.

jolt it on its chains, you'll know what you can do to a less solid human object.

As you can see, there is just no substitute for a good heavy bag. No human partner will be willing to stand there and absorb the punishment you'll need to dish out day after day to develop your full punching potential.

If you don't have one now, get one as soon as possible!

Using Your Muscle In The Street

If there's one rule in street fighting, it is this: Do everything and anything you can to win. Hurt the other guy as bad as you can, as quick as you can. You start the action, land the first blows.

There's not much more to be said in the way of introduction, so here are some choice tactics, beginning with:

KICKING

Normally, I reserve most kicking, or at least an all-out kicking attack for when I have my opponent on the ground, as a result of a knockdown, or maybe a trip on his part. But there are some very good kicks you can use, whether your adversary is up or down.

Here we'll turn to karate, because there are two kicks in this sport (or art, if you wish) that I respect for their speed, simplicity, and effectiveness. The first of these is the Front Kick, or Snap Kick. This is normally delivered to the crotch, or groin and sometimes the stomach. Of course any part of the body, including the head, if it's in range, can be a target. To practice this kick, stand "normally;" your feet can be shoulder width apart, or closer together, arms either at your sides, or in blocking position. It doesn't really matter. Deliver the Front Kick by quickly raising your knee (right or left) to your crotch level, or bellybutton level . . . depending on how high you want to deliver the kick, and how tall your opponent is in relation to you . . . and SNAP your leg forward with as much power as possible. In karate they teach you to curl your toes up and strike with the ball of your foot. But

Snap Kick to groin

of course if you are wearing shoes, it doesn't matter. You can kick with the ball of your foot, or with the point of your shoe or boot. After the impact, reverse the procedure. Instantly return your kicking foot back to your knee level, then back to the ground.

This kick takes balance. Practice it on the heavy bag until you can both keep your balance and deliver it with power. Practice it, while moving around, and while sparring. Just make sure your partner has a protective cup!

The Front Kick is a good way to start a fight in a face to face confrontation. If you use a surprise attack, it can often win the fight quickly for you if it connects solidly with the testicles, or drives into the midsection.

The Side Kick is another great piece of footwork. To deliver this kick while facing your opponent, (let's say you're kicking with your right foot) quickly shift your weight to your left leg and pivot on the ball of your left foot. As you pivot your body to face your opponent from your right side, bring your right foot up to knee level, leaning your upper body back to the left, away from your kicking leg. Kick the right leg out, throwing plenty of hip action into it, and strike your target with the outer edge of the right foot.

With the Side Kick you can break a man's leg if you catch him with force on the kneecap. Other targets can be the midsection, kidneys, or any target within range. As with the front kick, practice this so that you can use it in a street-fight with powerful effect, without losing your balance.

The kick that I have used the most, and which is the standby of most street fighters is what I call the Plain Old American Kick. It is the natural kick you already know how to use, in the same way you'd drop kick a football, or boot someone in the butt. As with the Front Kick, it's great for kicking the other guy in the crotch when you are facing him. It's also super for kicking his head in or booting his guts out when he's on the ground. A kick to the spine can cripple.

Last, but not least there's the Stomp. Who doesn't know how to stomp?! Like you are flattening tin cans. Only in a street fight, you stomp his face in, stomp his head between your foot and the pavement, or maybe stomp on his hands

Side Kick to knee

Plain old American kick to throat and head.

in the bargain. You can do Gorilla Stomps; jump up and down, stomping with both feet.

Remember that an all-out kicking attack can be fatal, or at least put your opponent in the hospital. So make sure it's that kind of a fight. In other words, if you find yourself exchanging a few punches with a good buddy over a minor matter, think twice before you decide to give him a taste of shoeleather.

TIPS ON KICKING

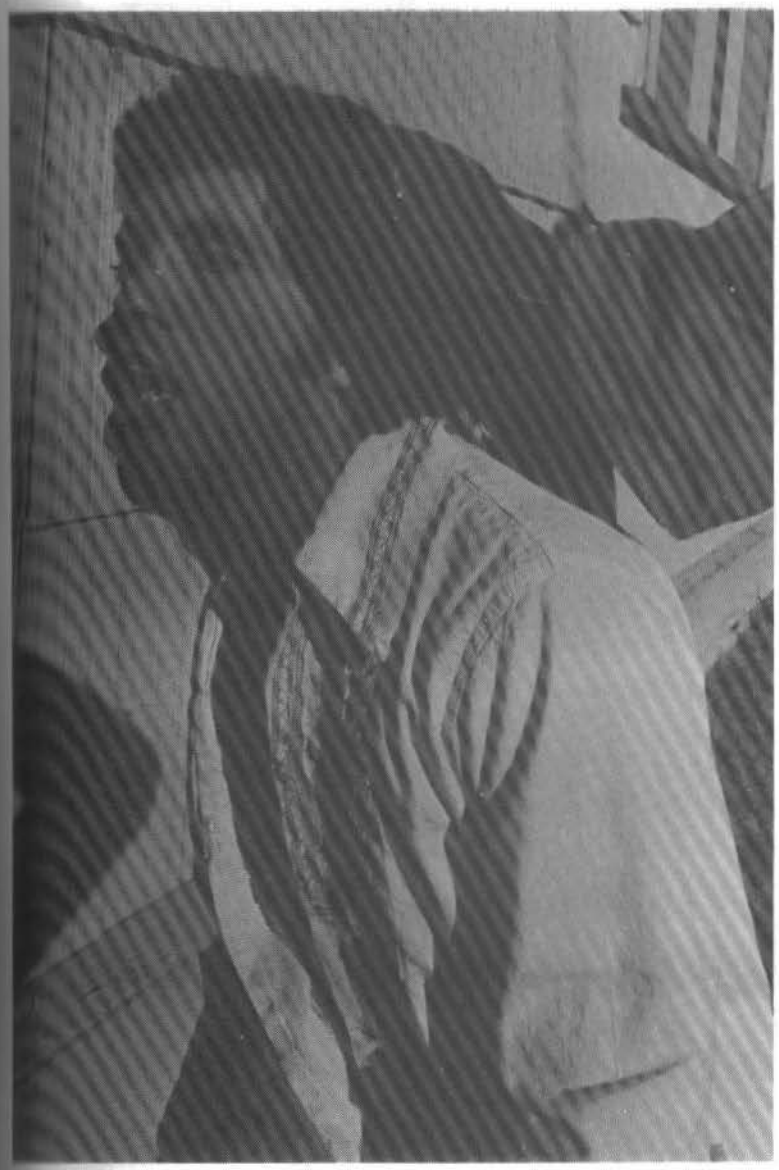
In street fighting there are a lot of variables, such as terrain, for example. You can stomp a man's head on the grass, but it's even better on hard asphalt. Learn to take advantage of where you are fighting. If your man goes down against a wall, take advantage of the split-second opportunity and kick his head against the wall. One time I was standing on a stairway landing facing someone walking up the stairs. I knew I was going to let him have it, so when his stomach reached the proper level I let fly a kick to that spot. He went down, heaving his guts out. In a heavier situation you may want to kick to the head.

By far the best time for a kicking attack is the instant your opponent hits the ground. Don't give him the chance to get up! Move right in there and kick the holy living crap out of him with both feet. By the same token, never go down in a streetfight! Don't get stomped!

Naturally, the heavier shoes or boots you wear the better. My favorite is the steel toed motorcyle boot, often called the engineer boot. I once sent a man to Glendale's Adventist hospital on a stretcher with no more than four kicks with this type of boot.

GO FOR THEY EYES

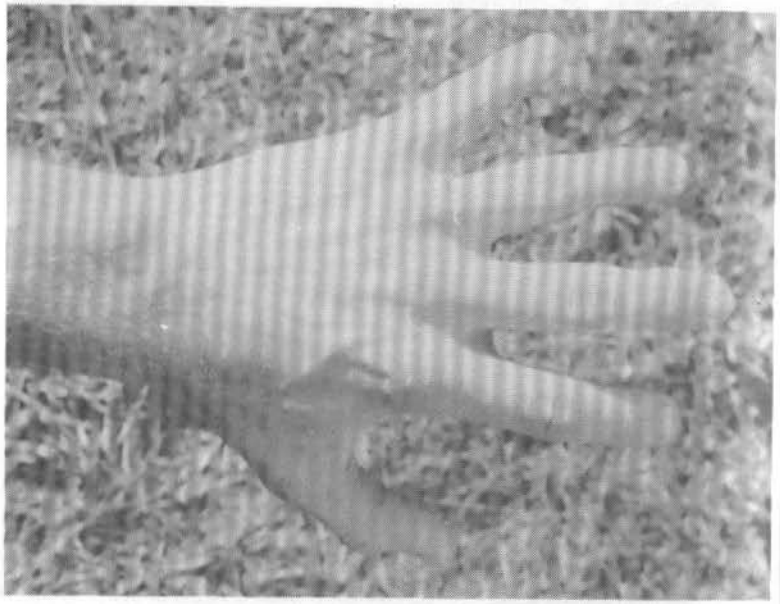
This is a simple move, but like a well-placed kick, it can spell victory for you. Once a man is blinded he's a sitting duck. All you have to do is poke him in the eyes, hard. With knuckles upward, palm downward, spread all the fingers and stiffen them. In a quick motion, like a snake striking, ram the



Kicking head against wall

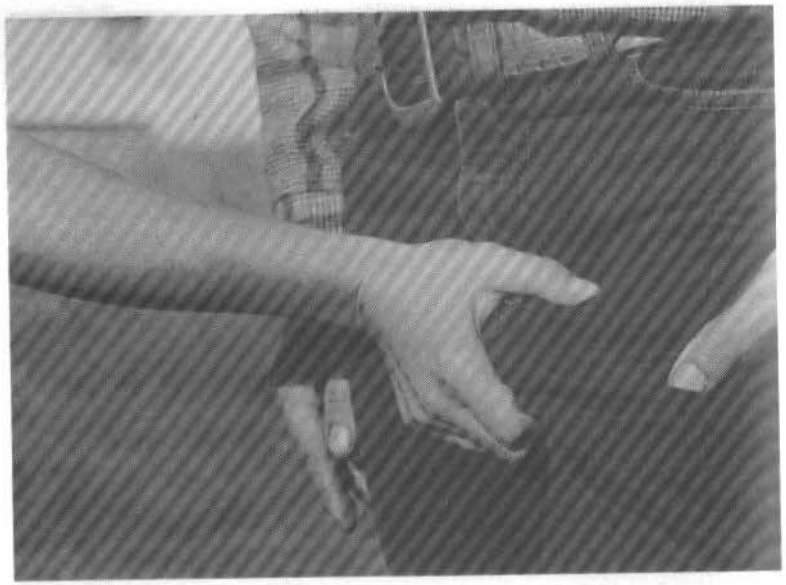
spread fingers into his eyes. With all those fingers, you have a much better chance of hitting the mark than with just two. Done correctly, eye damage is likely, permanent or partial blindness a possibility. But the immediate advantage for you is that your opponent's vision is messed up, leaving him wide open for your attack.

Don't deliver this blow with force of a real punch, unless you want to risk sprained or dislocated fingers. You can practice, however, to strengthen your fingers for this move. Do pushups, and learn to do them on your fingertips instead of on your palms. A few fingertip pushups a day will do you a lot of good. Also, get yourself a bucket filled with sand. Practice ramming your fingers into the sand. Your fingers will become very strong pokers.



Proper hand position for poking

Going for the eyes



THE NUTCRACKER

To end a fight instantly in your favor, there's no better way than squashing a guy's testicles. As I've already said, there are a lot of variables in a street fight. Nevery count completely on any one move, and always be ready to seize any split-second opportunity. If you get a chance, you can grab the opponent's testicles and squeeze. It doesn't take much to squash one flat. This can put him out cold in a second, due to the terrific pain involved. Even a good healthy grip can have him writhing in pain on the ground. Depending on what he's wearing, the success of this move can vary. It's easier with someone wearing loose slacks rather than tight levis. But if you've developed an Iron Grip, which you'll learn to do elsewhere in this book, whoever you pull this maneuver on had better be wearing a metal cup, no matter what else he's wearing.

A really deadly move, if for some reason you want to kill a guy, is to grab his windpipe and squeeze. With a good grip, you can crush it.

BITING

If you end up grappling with your opponent, biting is not only one way to put some hurt on him, or make him let loose of a hold, but it tends to demorlize him. Biting is an unexpected, often terrifying type of attack. He suddenly realizes you'll do just about anything. If a stronger man has you in a bear hug, you can sink your teeth into his face. The bridge of the nose is a great place to bite, so bear down! If the opportunity arises, you might want to clamp your teeth into his fingers, maybe his neck.

MORE ON BLINDING

Different situations present different opportunities. Learn to improvise, think for yourself. During a fight, if it's in sand, or dirt, if you get a chance you can throw some in his face. Simple as it is, most people don't think of it. This is a great move to start the action. Then knock the daylight out of him.

Let's say it's a sunny day and your adversary is wearing sunglasses. Pull them off suddenly, and all he can see for the next thirty seconds in the glaring sun! Time enough to mess him up pretty good.

EAR CLAP

They tell me you can break someone's eardrums, knock him down, even out (depending on who you talk to), by slamming both of your cupped palms to both of his ears. I've never tried this, nor seen it done, but I'll bet it's effective. I once knocked someone cold during an organized paramilitary streetfight in Westwood, California by landing a solid straight right to the ear. Several of my comrades and I were having it out with a group of Commie agitators, when I noticed that one of the largest of the reds had one of our people down, and was on top and pounding him to the head. I ran over and, still moving at full throttle, I let fly with a beautiful straight right. I had leather gloves on at the time, and my punch belted him dead-center on the ear. That dumped him like a sack of potatoes. O-U-T.

Biting bridge of nose

Blinding opponent by removing sunglasses on bright day.

The theory is that the concusssion of the blow, especially with cupped hands, creates a force inside the ear canal which ruptures the eardrum, destroys the equilibrium, and does all sorts of assorted mischief. Something with this potential should definitely be added to your arsenal.

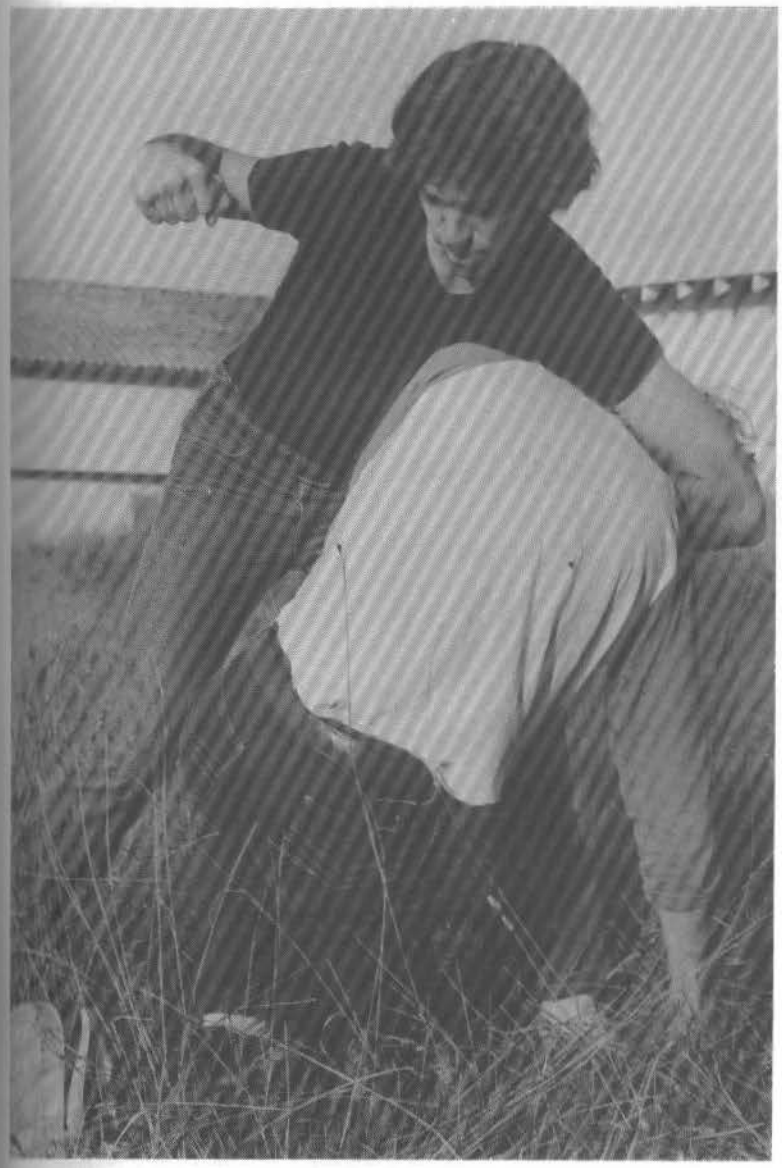
MISCELLANEOUS MAYHEM

In street fighting the possibilities are almost endless. The action happens fast and the possibilities vary. A good, solid punch to the kidneys can put a man out of action fast. Ditto, if you smash a knee into his crotch. If this throat is exposed, a good punch or chop with the edge of the hand can take him out, and might even be fatal.

Again, use the terrain. If his head is near a wall, you can quickly smash his head into that wall with a powerful blow of your open hand, striking him with the heel and palm of the hand. About a year ago I cut someone's face up pretty good by punching his face through a window. I began the fight with this individual as he was walking away from me and through a doorway. I stood behind him and to his right. To the left of him was a large window, consisting of many panes of glass, about 1' x 1½' each. I grabbed him by the nape of the jacket, jerking him backwards, off balance, Immediately, I slammed a couple of punches into the right side of his face, knocking him into the window. The left side of his face crashed into the window, shattering a couple of the panes. Instantly I saw the possibilities and fired a barrage of punches that put his face right through the broken glass! As you can imagine, after his thrashing his face looked like it had gone through a shredder. He later told me that he was lucky he wasn't blinded!

THE STRONG-ARM ATTACK

If you find that you have a significant strength advantage over your opponent (here's where the weight training chapter in this book comes in), use it! You can throw him to the ground, then attack him with your feet. Manhandle him, quickly twist his arm behind his back and force his forearm



Kidney Punch

Driving head against wall with palm of hand

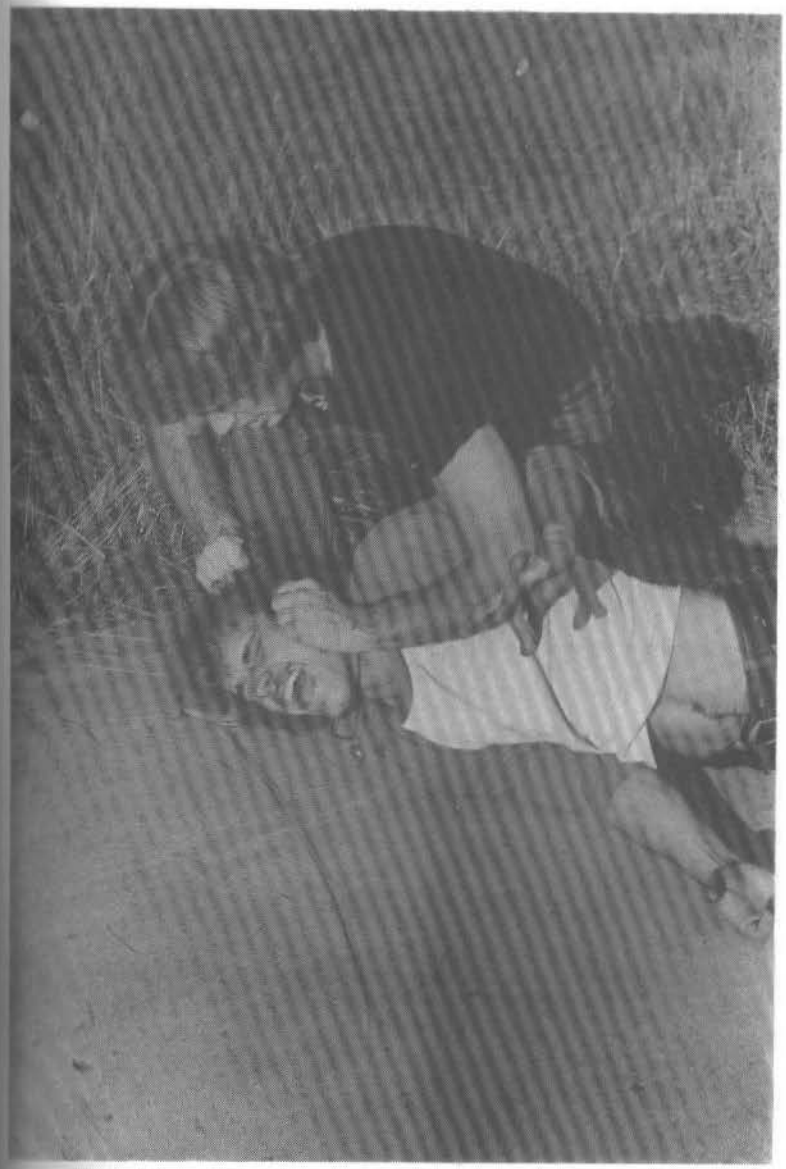
Blow to throat

up to his shoulder blades. You can dislocate the arm. You can grapple, get him down, and slam his head against the pavement. You can pin him and choke his wind off.

Applying the full-nelson, you can break his neck. Get yourself behind him, slip your arms under his armpits and bring them up. Bend your elbows back and lock your fingers behind his neck. Now you have him. If you want to break his neck for some reason, force his neck down hard, all the way.

When you have the muscle to overpower your adversary, you "simplify" things quite a bit in your favor. This is why I've mentioned this separately . . . and just before the weight training section.

Forcing forearm up to shoulder blades



Ramming Head against sidewalk

Full Nelson — can break opponents neck

Why Build Your Muscles To Get In Fighting Shape?

If I had to choose only one training method to prepare myself for hand to hand streetfighting, my decision would be immediate: weight-lifting. That's right. Weightlifting. Size, strength, power and muscle are the trump cards in deciding fully ninety-percent of physical combat situations. Weight and muscular strength are such basic natural advantages that all your combat training can add up to zero if you are a physical weakling, facing an opponent powerful enough to snap you like a match stick or take your head off if he lands one solid punch.

Don't be mislead by stories about some little Japanese blackbelt who did in five big truckdrivers for insulting him in a bar. The truth or falsity of tales like this have very little bearing on your own life. True, someone with years of fighting experience or training can whip someone substantially bigger, and it's also true that there are a variety of cases where smaller people have beaten the hell out of bigger ones. But the reason these incidents are of note and worth the retelling are because they are by far the exception to the rule.

To illustrate my point let's take a look at the self defense and anti-rape courses taught to women. Often these are sponsored by the police and taught by someone who knows where it's at when it comes to physical assault cases and streetfighting. One of the very first things they'll teach a woman is that they are learning to fight in order to momentarily stun their assailant and escape only. That to try to stand up and "punch it out" with a man . . . someone of much greater muscular strength . . . is flirting with suicide.

Further, let's take a look at the world of professional

boxing. Boxing has been around for thousands of years, from Graeco-Roman times when combatents actually wore metal spikes and "brass knuckles" to use on each other in often fatal contests, down through the bare-knuckles era to the present day padded gloves. Boxing is divided into different weight divisions because it has been proven with monotonous regularity that "A good big man will always beat a good little man." Weight divisions start at 112 pounds and under for flyweight, all the way up to the heavyweight class, 175 pounds and over. Even an advantage of 11 pounds can put a boxer two classes up. For example, the lightweight limit is 135 pounds and the next weight class is the welterweight at 145 pounds. (recently there has been even a junior-welterweight category between the two) Even a modest advantage in weight is recognized in boxing as so important that a heavier man is never allowed to fight for the championship in the weight class below him. Once in awhile, but rarely, a boxer from a lighter weight class can defeat the opposition contenders and win the title in a heavier division. It's always considered a great feat.

To show you what can happen in boxing where there are no weight divisions, let's turn to what I saw on TV when I used to watch Thai Boxing when it was shown in this country some years back. The fighters from Thailand all seemed to be in good shape and skilled at the sport. But when they got into the ring with the heavier, more muscular Japanese contenders they'd get knocked out almost every time. But the one who won every time I saw him was a big blonde American nicknamed "Machinegun" something or other, who looked to weigh in at around 200 pounds. This guy would just walk across the ring and corner his much smaller Thai or Japanese opponent and give him a terrific rapid-fire pounding until he collpased. Tactics meant nothing because not only did "Machinegun" have what looked like 16 inch biceps, but had the reach and speed, so that escape was impossible! Physical power wins again.

Aside from the physical angle, but still prime, is the psychological advantage that comes with being bigger and more muscular. When you look bigger and stronger people will be less willing to mess with you once they've sized you

up. And if you actually do go into a physical combat you have your opponent "psyched out," intimidated if you are a "muscle-guy." Naturally, your own confidence is also improved. You know you are in shape, you know what you can do. Even if he's a little taller, you know you have the muscle, while he may have flab. You know that every blow you land can do damage; break a nose, teeth, crack ribs. And when you get your hands on someone, you know that you have strength of grip and arms. You know you can hurt someone. He knows it too.

If you want to be a fighter, or a much better one than you are now, first get bigger and stronger. At least get your weight and strength built up while you are learning to fight. That way when you ever have to use your fighting skills, what you do will really count. A punch or karate chop delivered by a weak arm can be slow, inaccurate, and land with all the force of a damp sponge . . . angering the adversary rather than stunning or disabling him. And what's going to happen if our martial arts milquetoast suddenly finds himself on the receiving end? If he's got a body too weak to defend itself he's going to get hurt.

Lift weights, build your muscles. A lot of people laugh at the old Charles Atlas ads. But the message there will do you a world of good in the street when a muscular, powerpacked body will mean the difference between who gets the crap beat out of them, maybe sent to the hospital or maybe maimed for life . . . you or the other guy. Forget the crackpot armchair commando advice and exotic oriental tactics that promise you that even a Mr. Peepers can paralyze a gorilla with a flick of the wrist or proper pinkie pressure applied to a nerve center. You may have plenty of time to reconsider your "error" from a wheelchair.

Train with weights and triple your strength. Pack on 30 to 50 pounds of muscle and build yourself a body you can do some real damage with. When you look in the mirror and flex those 16 inch guns you won't regret it. But any poor sucker who happens to get in your way will.

A WORD ABOUT THE CRITICS

About now, especially if you've never worked with weights, you may be worried about all the supposed drawbacks to weightlifting, such as becoming "muscle bound," or all the muscle you build up turning to fat some day. These ideas have been largely promoted by those who don't know what they are talking about, but still, since they have been repeated so often they sometimes cause concern.

One thing to bear in mind is something which I've found to be very interesting. Most of the people who seem to be down on weight training the most just happen to have physiques that resemble pears, or beanpoles. I'd say that jealously, rather than reality, is their real motivation.

First of all, fat is fat. Muscle is muscle and it's just physically impossible for it to turn to fat. The only problem some bodybuilders have is that they don't cut down their food intake when they stop lifting weights. While building your body via weight training you'll need more food, more calories. If you discontinue the training, just stop eating so much. You won't get fat. And as for the muscles you've built up turning to fat, no way.

The "muscle bound" weight lifter is rare, Scientific studies on sports and weight trained athletes have proven conclusively that, far from making you "slow and awkward," weight training will make you stronger, faster, and more coordinated than before. This is why more and more athletes are turning to weightlifting to improve their performance in their chosen sport. I'm sure you can imagine the benefits of weightlifting in sports such as wrestling and football. But did you know that among the athletes who train with weight are those in sports such as handball, swimming and diving, track and field, soccer, high jumpers, karate and volleyball. Boxing trainers have long shied away from weight training in the mistaken belief that it interferes with speed and punching power. But more of them are coming around everyday to the reality that working with weights will in fact give a boxer more speed and a better punch.

Last, but not least, let's dispense with the absurd notion that the big, massive muscles developed in body building are

actually "weak" or just "pumped up." Generally, when you hear this type of talk, it is some pear-shape or beanpole talking. There is some truth to the idea that many of your Muscle Beach types, or Mr. America, "body beautiful" builds . . . using a form of weight training that concentrates on muscle size and definition only . . . often look stronger than they are. But that does not mean that they are NOT strong and powerful. One of these body beautiful types can certainly crush the average man in a physical encounter, including our pencil-neck critic. And they are more powerful than many a football player or wrestler, I might add.

Besides which, the weight program I'm going to give you is not the Muscle Beach variety, though many of the lifts are the same. You'll be going heavy on power lifts: the bench press, deadlift and the squat. We'll be going for really dynamic power, muscle mass and all around size strength. Once you are built up to the monster you can be, let the critics rave on. Chances are, though, that they'll never say it to your face!

Weight Training For Power And Intimidation

What basically happens during weight training, when you are actually lifting the weights, is that you are actually tearing (you might even say "tearing down") your muscles. When you rest and give your body the right nutrition, your muscles build up. They start to become bigger, bulkier and stronger than before.

Especially during your first two or three workouts you can expect the muscles you work to become sore and stiff due to the tearing process. That is natural, so this isn't the time to quit for a week, nor is it a reason for quitting altogether because you think you "can't take it." Within your first week of training you'll begin to feel great, especially right after workouts. Your muscles will be "pumped up" because as you work them you'll be pumping extra blood into those muscles. That feeling is a great one.

To get the most benefit out of your weight training program you should have a workout at least three times per week. Anything less than that is, in my opinion, a waste of time. The best thing is to work out every other day, allowing one day in between for your muscles to rest and regenerate . . . plus provide time for your boxing and combat training, along with running. We'll get to these presently.

Start with weights you can handle and build up to heavier weights gradually. Most beginners who quickly get discouraged, "wash out" because they've plunged into weight training as if there was no tomorrow. They concoct training programs for themselves that are too difficult, or long and boring, to stick with for long. When they can't handle it they become discouraged with weight training

altogether.

The program I'm going to give you is an effective one. It is similar to the official Iron Cross Motorcycle Club weight training program devised by our president, Mike Brown, in 1968. With this program I packed on nearly 40 pounds of solid muscle. Our vice-president built himself up to a 240 pound powerhouse. And this was not simple "body beautiful" muscle, but dynamic power that we were able to use with telling force to crush our enemies in the street.

It is vital that you begin this program in the right way, choosing weights that are just right for you. Neither so heavy that you can't properly complete all of your lifts, nor so light that you are not able to get the maximum benefit. It may take a couple of workouts before you "find your weight." You know that you have found the right weight for a particular exercise when you find yourself just barely able to complete your last "set" of it, because the weight is as much as you can possibly handle and still do it right.

REPS AND SETS

Your workout will be divided into different exercises or "lifts" to work out different muscle groups. For instance, the curl (see picture) develops the biceps. This exercise is divided into 5 sets (like acts in a drama play, Act I, Act II and so on). During your first set you do 6 repetitions of curling the weight. These are the reps. Then you rest before starting the next set. To begin the second set, pick up the weight again and do 6 more reps. Then put down the weight and rest. Then you do your next three sets exactly the same way. The exercise is now completed, and you are ready to go to the next exercise.

Rest no longer than 1 to 1½ minutes between sets. If you rest too long it lets the muscles being worked recuperate too much, and they won't get the full benefit. Between different exercises rest no longer than necessary. Take time to change the weight plates on the barbell or dumbell, but never more than 2-3 minutes.

You'll know that you've had an effective workout if after it you couldn't possibly lift another weight. Not near collapse, but feeling very definitely "worked all to hell!"

BREATHING

I feel it necessary to give you a short, but vital, word here on proper breathing during your workout. Without correct breathing you will not have the power necessary to lift the maximum weights and derive the greatest benefits. My message is simply this: breath deeply prior to the actual lift. Breath OUT at the moment of exertion, when you are actually lifting the weight. As it is lowered, exhale. For the very best results, there is only one way to breathe . . . the right way.

YOUR WORKOUT

Now that we've dispensed with the preliminaries, let's get down to it. Follow this routine at least three times per week, better yet every other day. Find the right weights for you to complete each exercise . . . then begin increasing them when you find you can complete an exercise without the proper intense exertion. You'll see very definite results within three weeks, and become tremendously more powerful in both looks and in fact, within 4 to 6 months.

THE WARMUP

It's important to get your muscles "warmed up" before lifting. When you get your body limber, with extra blood into the muscles to add to your power you protect yourself from injury. It's not my purpose here to get into calisthenics (I even start off lifting "cold" much of the time! But I know what I'm doing.), but I'll suggest two that will usually be sufficient. Don't let anyone tell you that you should start out with half a dozen calisthenics (including pushups that will detract from your arm endurance during workout) before workouts. You need all the power you can get for the lifts. Warm up with these:

SITUPS

This will not only "warm up" your trunk and back muscles, but will toughen and build your abdominal muscles so that you won't have a "soft gut." Lie flat on your back and anchor your feet in some way. Either have someone hold your ankles to the floor or to hook your feet under something like a sofa. Lock your hands behind your head. Pull yourself up ten times. Bend as far forward as you can before going back down each time. Do three sets of these. To build even stronger abdominal muscles, just keep adding more repetitions to these acts as the weeks go by.

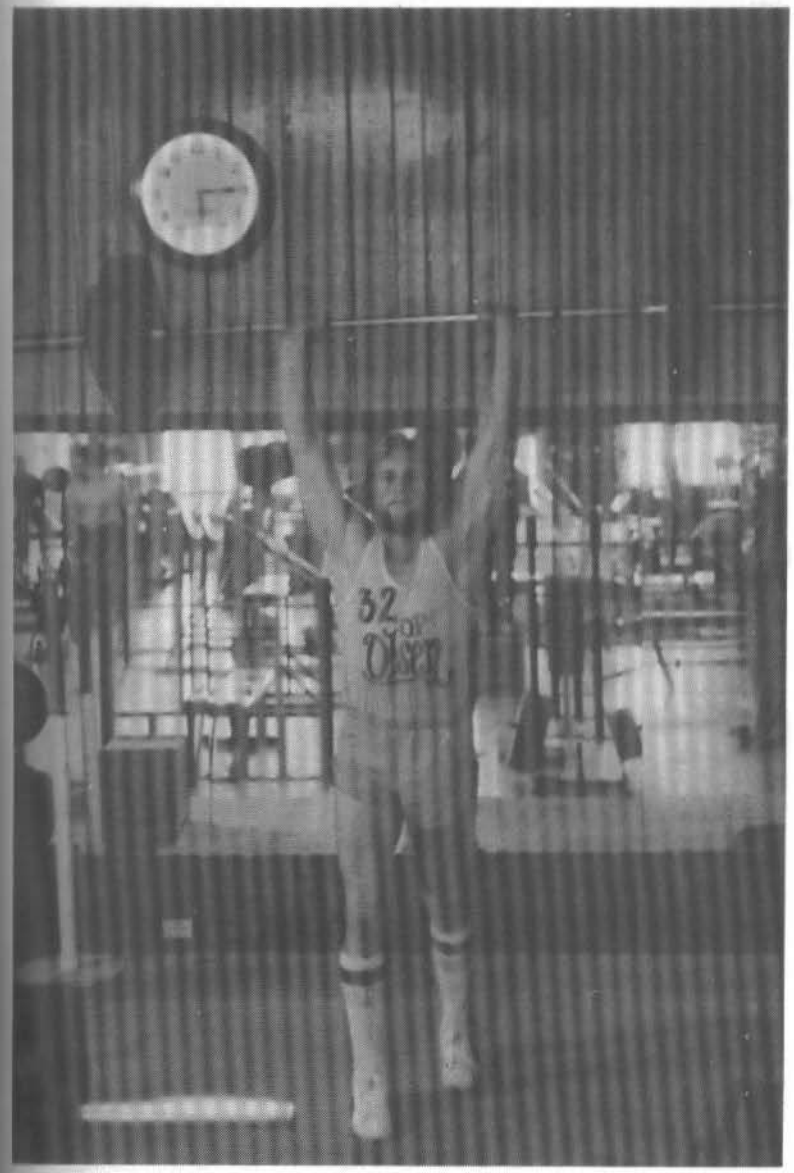
SIDE BENDS

Stand erect with feet at shoulder width. Bend from the waist only. With arms upraised to the sides, bend your entire upper body as far to the right side as possible. Really stretch and touch your right leg as far down on the calf as possible, while NOT bending your knees, and bending from the waist only. Then straighten back up and bend to the left the same way . . . and straighten up again. You have now completed one rep. Do 3 sets of 20 reps each. This exercise, by the way, will tend to trim your waist, thus making your upper body look bigger.

After this mini-warmup give yourself a minute or two rest, then start on your weights:

MILITARY PRESS

Also called the standing press, this lift gives upper body power and develops several muscle groups, including the shoulders (deltoids) and triceps, the large muscles on the back of the upper arm. Use a barbell for this one. Standing straight up in front of the bar, bend at the knees and go into a squat, gripping the bar slightly wider than shoulder width (the feet should be about shoulder width apart). Palms are to be down. Stand straight up again, and bring the bar up to shoulder level. Press the bar straight overhead, arms fully extended, then bring it straight down again back to shoulder



Military Press

level. This completes one rep. Do 5 sets, 5 reps.

BENCH PRESS

This is one of the three basic power lifts, the others being the deadlift and the squat. These lifts work the largest and strongest muscle groups and pack real power into your body. I consider the bench to be the very best overall upper body developer. Lie flat on a bench (preferably a weightlifting bench especially built for this with a rack to hold the barbell when you are done with a set) and begin by holding the bar straight up, over your upper chest. Your grip should be sligthly wider than shoulder width. Lower the bar until it touches your chest, then press it straight up to the original position. As your weights increase on the bench press you'll want to add as much weight as you can possibly manage, to increase your power. At this point it's good to have a friend, or even two, to "spot" for you. That is, they stand right there, ready to grab ahold of the bar in case the weight becomes too much for you. Start off with 5 sets, 5 reps. Later, when developing real power, you might want to decrease it to 3 sets, 3 reps and add a whole lot more weight.

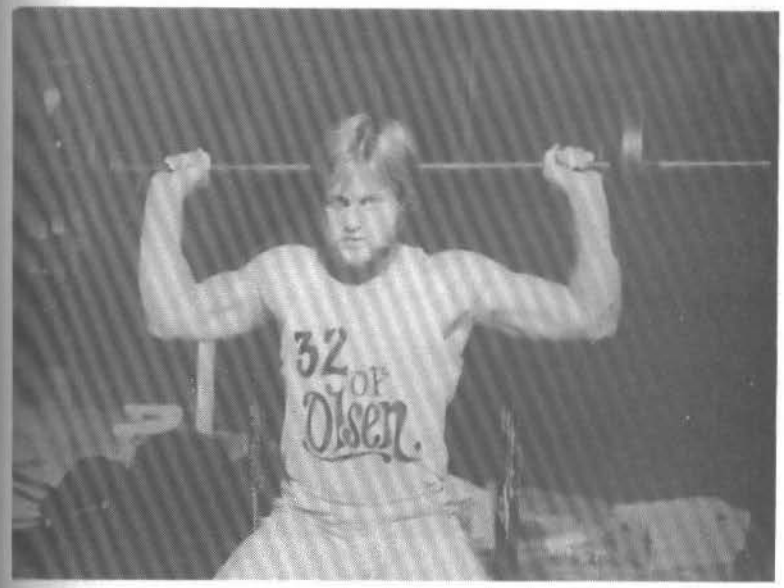
BEHIND THE NECK PRESS

This is "the" exercise if you want wide, massive, powerful shoulders. Like the first two lifts, you use a barbell for this one. You do it standing, but I prefer to do it seated. You start by gripping the bar at wider than shoulder width, holding it at shoulder level behind your neck. Then raise it directly overhead, then back down to the former position. 4 sets, 6 reps.

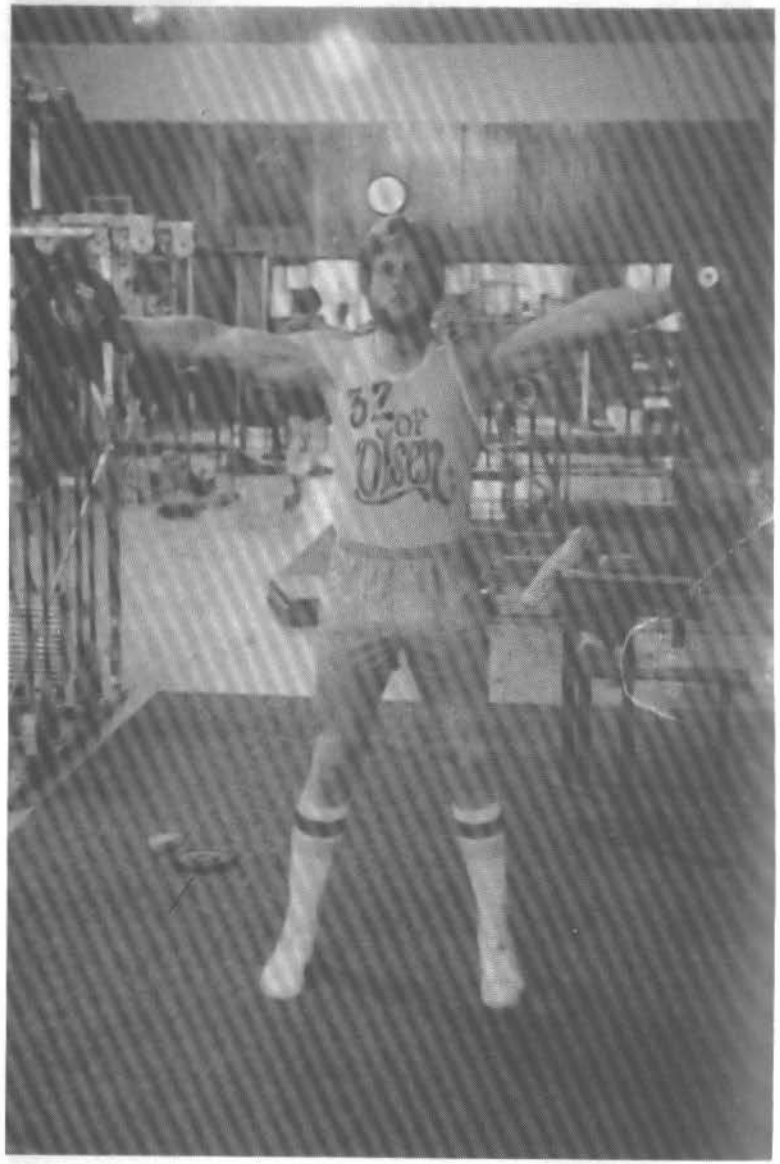
LATERAL RAISES

Two dumbbells are the equipment here. This is an excellent shoulder developer, because the weight is lifted almost exclusively by the shoulder muscles, or deltoids, and does not rely on the triceps, as with the presses. Stand with feet shoulder width apart and hold a dumbell in each hand, palms

Bench Press



Behind the Neck Press



Lateral Raises

facing inward, arms at your sides. Or, as I do, you can hold the bells down in front of you, touching. Raise arms straight out to the sides and bring the dumbbells up to ear level. Then lower them back to your sides. 4 sets, 6 reps.

FRONT RAISES

A shoulder developer like the preceeding two, front raises concentrate on adding mass and power to the front portion of the deltoids. Holding a dumbbell in each hand, and standing with feet shoulder wide, this differs from the lateral raises because you raise the bells out in front of you this time. First raise the righthand bell straight out in front and up to forehead level. As you bring it back down you raise the one in your left hand up to forehead level. They should pass each other (one on the way up and one on the way down) at midchest level. 4 sets, 6 reps.

CURLS

This is the most popular lift there is, because it works out the biceps, the muscle in front of the upper arm that you'll be proud to flex. Anyone with big biceps is instantly recognized as a "muscle-guy." Take care, however, lest you are tempted to make this your only exercise, as many misguided weight trainers have. People who work on just one exercise never develop really dynamic power, and from a real weightlifter's point of view, end up looking ridiculous. However, the curl adds greatly to your arm strength and compliments your overall power. Certainly large impressive looking biceps are something to be proud of. There are two basic forms of this curl: the barbell curl, and the dumbbell curl. Many lifters do both. You may find, as many athletes have, that doing the barbell curl is very awkward and uncomfortable because your elbows are not flexible enough. No problem. Use the dumbbells. As to the lift itself, first stand in front of the bar (if you're using the barbell), grasp it, palms facing upwards, and stand up. Let the bar rest at arms length down in front of you. Then "curl" it up to shoulder level. Then let it back down, in position for your next rep. When using dumbbells

Front Raises

Curls with dumbbells

Curls with barbell

you simply hold one in each hand and bring them both up at the same time, then down. 5 sets, 6 reps.

CONCENTRATION CURLS

Do this following your curls to give your biceps a really concentrated workout and your arms will become massive. For this you work one arm at a time, using a dumbell. Sit on a chair or bench with the bell on the floor in front of you, feet wide apart. Reach straight down and grip the bell, palm up, bending forward at the waist. You can either brace your elbow on your knee or not. Curl the bell to your chest. 3 sets, 8 reps.

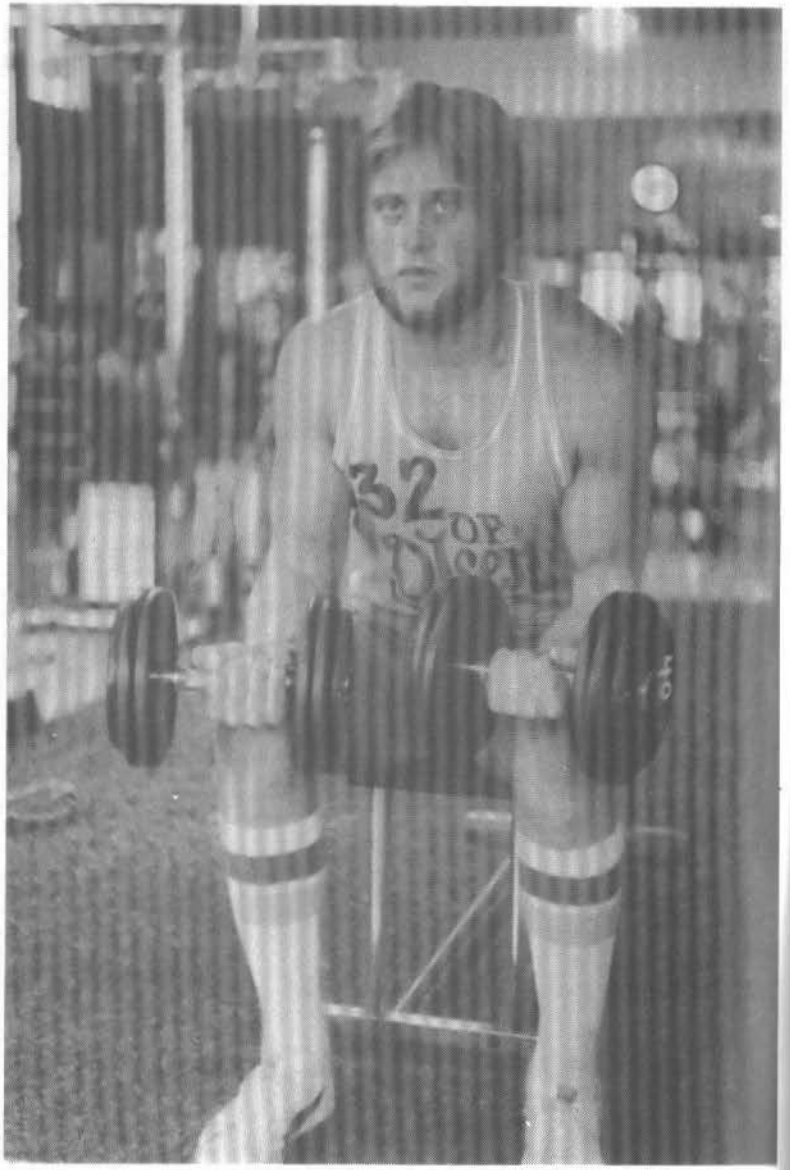
WRIST CURL

This not only strengthens your wrists for punching, but develops the power and size of your forearms. Do this with dumbbells, one arm at a time. Either stand, or sit on a bench. Hold your arm down at a 45 degree angle, or brace your forearm on your knee, holding the bell palm up. Open your hand and let the bell roll down to your fingertips. Then close your hand, rolling the dumbbell back up until it's rolled up in your fist again. Then "curl" it, using only wrist action. Do not flex your elbow. Alternate arms after each set, then back again. 5 sets, 8 reps.

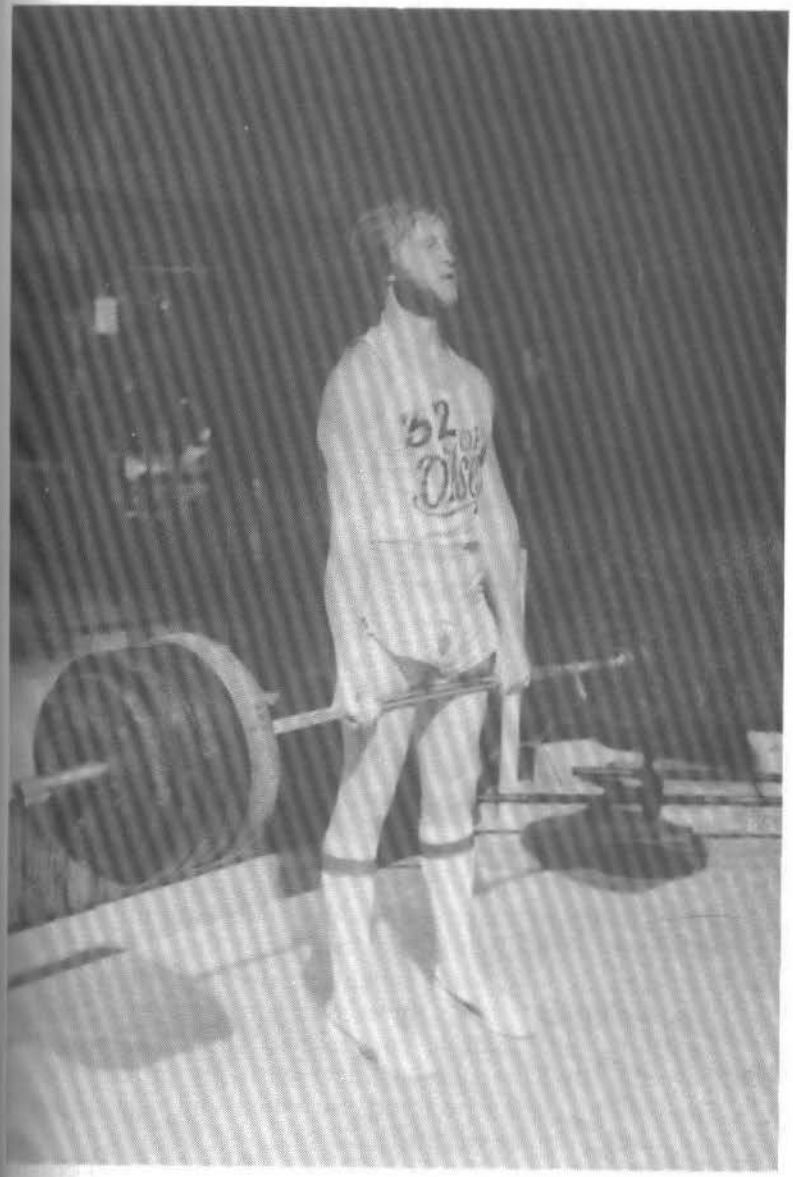
DEADLIFT

This exercise and the next one are, along with the bench press, the real power lifts in weight training. It develops overall body power and concentrates on the lower back. Stand in front of the bar, feet at shoulder width, and bend at the waist and knees. You'll be lifting very heavy weights here, so use an under and over grip. That is, one hand plam down and the other palm up. That makes it harder for the bar to slip out of your fingers. Stand straight up, using your legs heavily in the lift. Stand fully erect, knees locked. Then return the bar to it's position on the floor. 4 sets, 4 reps.

Concentration Curls



Wrist Curls



Deadlift

SQUATS

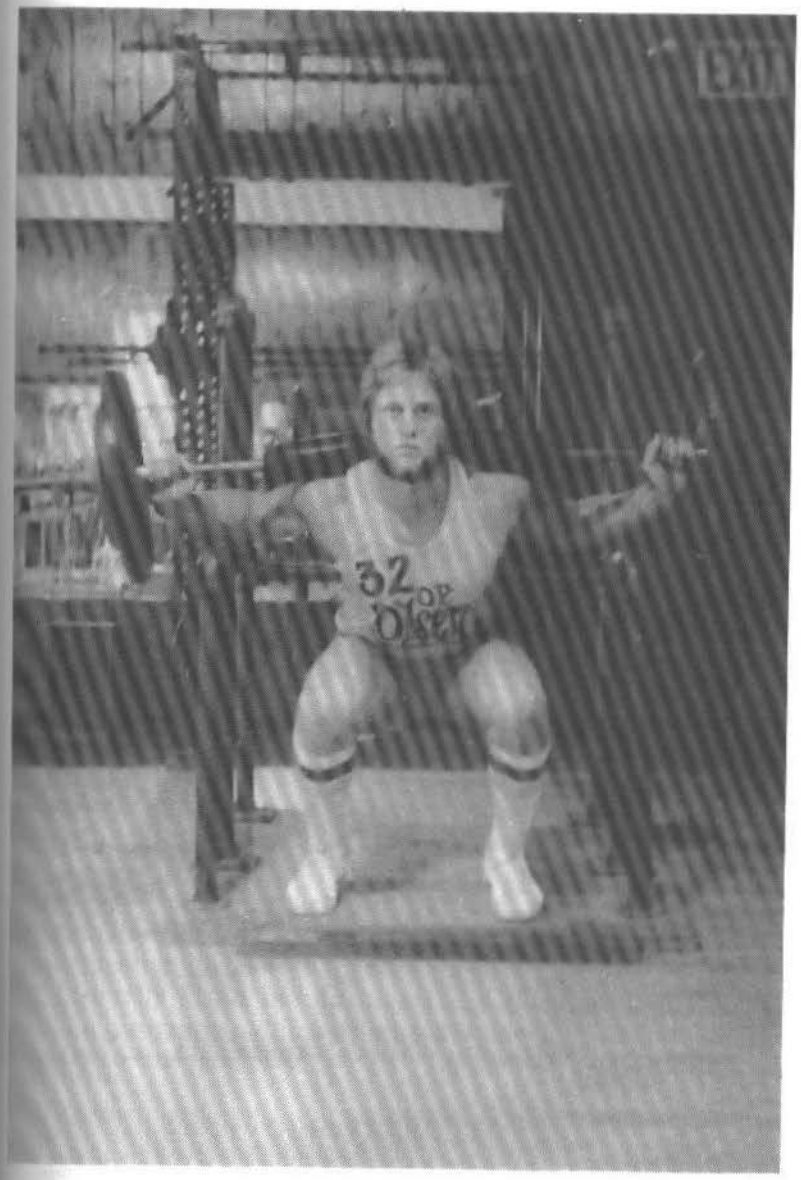
With heavy weights you'll probably want to use "spotters" here, too, as with the bench press. Squats develop the lower body and add power to your legs. Start from a standing position with your back straight. Rest the bar behind your head on the upper back and shoulders (not on the back of the neck). Feet about shoulder width apart. Keeping your back tense and straight, do a deep knee bend, a squat. Then come back up again. 4 sets, 4 reps.

ADD TO YOUR PROGRAM

The only way to pack on the extra pounds of muscle necessary to transform you into a bigger, badder, and physically powerful individual is to add progressively more weight to your training program. If, let's say, on one lift you are working with 100 pounds, and you get to the point where you can handle it without "just barely" being able to complete the last couple of sets with a lot of straining, then you are ready to add more weight. If you are training right, five more pounds should bring it right back up to the point where it's very hard to complete. Add weight as often as necessary.

Do NOT add to your sets. Do NOT add to your reps. Added reps and sets will detract from what you really need to do: work with heavier and heavier weights until you become a powerhouse. A whole lot of reps will increase muscle size and definition . . . tend to give you a "body beautiful." There is absolutely nothing wrong with having a Mr. America type body, and certainly such bodybuilders are much more powerful than most people, even other athletes. But what we are after here is bulk, mass, weight . . . deep muscle strength. And heavier weights with lower reps are more effective in accomplishing this than if you trained the other way. In other words you'll become stronger with my program than with the Muscle Beach method. So when you need to add, add weight. And more weight.

Not only will you develop the strength, speed and crushing power to tear an enemy apart in the street, but with your added weight and muscle mass you'll be looking pretty impressive too . . . and intimidating.



Squats

Building An Iron Grip

The original "Man With The Iron Grip" was Charles Vansittart, born in England over one hundred years ago. Although slender of build, you might even say skinny (at 6'3" in height he weighed only 185 pounds), he performed amazing feats of hand strength in exhibitions in America and the British Isles. Among some of the many things he could do were: bursting tennis balls apart, tear apart three packs of playing cards at the same time, break horseshoes and spikes, break in half an English shilling and raise six pool cues in horizontal position at arm's length while gripping the ends between his fingers.

How would you like someone with that type of strength to grab you around the throat?

Neither would most people. So if you build yourself great strength of grip you'll have developed a tremendous . . . and terrifying . . . weapon to use on any enemy at close quarters. Quite a few fights result in a lot of grappling, and any experienced wrestler can vouch for the vital importance of grip strength in overpowering an opponent.

Grip strength can give you a great advantage, yet this is not generally given the priority I feel it deserves in weight training programs. Which is why I've devoted this separate chapter to this vital area.

GRIP EXERCISES

Aside from the excellent practice of squeezing rubber balls in your hands everyday, here are a few simple exercises that will give you an Iron Grip.

WEIGHT PLATE CATCH

Hold a barbell or dumbbell plate in one hand, drop it, then catch it with the other hand just before it hits the floor. 3 sets, 8 reps.

FINGER CHIN

Chin yourself on a chinning bar, using only the thumb and three fingers around the bar, instead of the usual full grip. Then go to thumb and two fingers as your grip strength increases. Then you'll finally have the strength to chin with thumb and forefinger only. 3 sets, 8 reps.

PINCH LIFT

You'll need a loaded barbell here. Go to one end of the barbell and lift it, using only a pinch grip on the plates. 3 sets, 8 reps.

DEADLIFT

This lift has already been covered in the previous chapter, but I note it here because it's important to remember that the deadlift is a tremendous grip strengthener, due to the greater weight you are forced to use.

GRIP EXERCISERS

You can buy these in any sporting goods store. Simply working with one of these a couple of times a day will add greatly to your gripping strength. When you can handle the one you've bought pretty well, just buy another one that's harder to squeeze.

NUTRITION:
Your Training Table

Throughout history the controversy has raged as to which diet a muscle builder or athlete should stick to in order to improve his performance or physique. Many athletic diets recommend a large intake of proteins and protein pills and powders as supplements. On the other hand, there have been studies that supposedly prove that it is the carbohydrate intake that provides the explosive energy, and that it is a myth that extra protein helps build muscle.

The first thing to remember about these conflicting claims is that different money interests are involved. Corporations producing cereals, for example, once had America convinced that children were malnourished if they didn't have a hearty bowl of hot or cold cereal at breakfast . . . until the government got on their case. The diary industry promotes substantial quantities of milk as the answer to glowing health and fitness. On the other side, there is the cholesterol scare: don't eat more than 1 egg per week, etc.

Then there are the examples set, supposedly conclusive proof of what works. At this writing, one of the top contenders for boxing's world heavyweight championship claims to be a strict vegetarian. I have seen him fight, and the man has rippling muscles . . . contrary to those who promote a diet high in meat as the answer to muscle building. It is sometimes claimed that whole milk robs you of endurance. Yet one of the all time great wrestlers in recent history, Gama of India, not only was largely a vegetarian, but consumed very large quantities of milk while in training. He'd wrestle up to 5 hours per day, as well as run 4 or 5 miles at a clip. In my own experience, I know for a fact that during my first

months of weight training I gained nearly 40 pounds of muscle while living largely on a diet of beef stew, white bread and margarine, beer and milk. And, by the way, the "beef" stew was mostly water and vegetables, with a few pieces of meat.

I believe that most of these conflicting claims arise from the fact that people in all walks of life, sports included, have different metabolisms and body types. What works for some, just doesn't work for others. I envy people who can eat lots of bread, spaghetti and baked goods, and still stay trim. Yet there have been people who have complained to me that no matter what they eat the can't gain the proper weight and muscle.

Still, there are general rules which seem to hold true, and upon closer examination a lot of these so-called exceptions don't wash. For example, one big fat guy I knew complained that, even though he didn't eat any more than anyone else, his metabolism was such that whatever he ate made him fat. But once I spent a couple of days with him I found that, although he didn't eat much at meals he was snacking constantly. Yet another instance of the "metabolism" bit was the case of a good friend of mine who insisted that he'd tried everything I'd recommended for gaining weight. But from closer observation I found that in the weightlifting he was doing, he would not increase the weights, just the reps. When I brought this up he told me he just didn't want to spend the money for additional weight plates! Furthermore, I found that once in awhile he did force himself to down a big meal (mostly starchy and sweet stuff which he believed would add bulk), but he just didn't like to eat much, so in between these feasts he'd eat very little.

Not that I, myself, haven't indulged in this type of self delusion. While it's true that I tend to put on weight easily, fat that is, it is also true that I love starchy foods, or meals containing carbohydrates. When I stay away from this I don't gain fat. The diet that seems to work best for me while training consists largely of very rare or sometimes raw meat (cooking destroys a certain amount of food value) and lots and lots of milk. It keeps me in tremendous shape and I enjoy it.

After everything I've seen, heard and experienced, I've got to go along with the protein diet. Despite the so-called exceptions and despite any alleged scientific studies to the contrary. There are just too many living examples walking around who prove the success of large amounts of protein in the diet. Go to any gym where body builders work out and ask all of them what they eat and what diet they recommend for massive muscles. They'll recommend meat and protein supplements. For every dietician who claims to be able to "prove on paper," or "by statistics" that eating meat doesn't build muscle, there are a hundred massive, muscular weightlifters and other athletes who not only swear by the protein diet, but practice it.

For a dramatic example of how protein can affect size, take the example of the Japanese. Before World War II Japan's standard diet consisted of rice and vegetables, with very little meat. It's a matter of record that following the war, during the American occupation, when meat, milk and other dairy products were made a bigger part of the Japanese diet, the average height and weight of Japanese children improved enourmously.

People who lift weights and make gains without a high protein diet do so DESPITE the lack of extra protein, not because of it! In every case it will be found that the introduction of extra meat, dairy products, and protein supplements such as dessicated liver powder or pills, will greatly increase performance and muscle gains.

There's no need for me to make you out a special diet, such as what to eat for breakfast, lunch and dinner. Besides, I don't know what your budget is. And I've never met anyone who's been able to set up all his meals according to a meal chart worked out in a book. But keep in mind that while you are weight training you should make your diet at least 80% to 90% protein. Beef is best. Other good meats include lamb, chicken, turkey and fish. Forget about pork. It's greasy, fatty, and loaded with chemicals. Pork is not mentioned in the Old Testament as being "unclean" for nothing. Under most conditions every meat can be eaten raw, and there are dishes featuring raw beef, fish, etc. But not pork! Unless you want to flirt with trichnosis. Now I know that some

wiseguy out there will say, "You can also get trichnosis from bear meat!" Well, I agree, because the bear is a relative of the pig, which most people don't know.

Non-meat foods that are rich in protein, thus excellent for weight training, include cheeses, both the hard variety such as Swiss or cheddar, as well as cottage cheese. Milk and yoghurt are good too.

As for what to eat in the way of fruits and vegetables, stick to green leafy vegetables, such as spinach, if you are afraid of getting fat, and avoid rice and potatoes. Many body builders who want absolutely as little body fat as possible also avoid fruits and fruit juices, as these contain fats and carbohydrates. Actually, the greatest no-fat diet in the world is to eat only meat and drink only water . . . but let's face it, how many can stick to that?

If you are the thin type and aren't worried about adding a few pounds of fat along with the muscle, go ahead and eat some of the starchy vegetables like rice, potatoes and corn, and all the fruits.

As to bread and baked goods, I can't really recommend them, even whole wheat bread. All carbohydrates, including white and wheat bread alike, break down into sugars in the bloodstream. But if you are worried about getting your niacin, riboflavin and the like, go ahead and eat a few slices of wheat bread per week.

Go light on all the carbohydrates. For some people, including myself, carbohydrates tend to be a drain on the energy. Why, don't ask me, but when I cut my carbohydrate intake to pratically zero, I found that my energy and endurance seemed to increase by almost half.

Naturally, the super no-nos include candy and sweet desserts, alcohol, and the intake of anything like dope or tobacco. I've never known anybody, including good athletes, to be able to avoid these things altogether. So don't think your training is a flop because you drink a little beer everyday, or munch down a Snickers now and then. But use willpower and avoid these no-nos as much as you can.

DON'T BE TOO RIGID

I'm not setting any strict rules for a good weight training diet, because human nature being what it is, it's impossible for most people to stick to a rigid set of rules. Those who try to regiment themselves too much, especially at the beginning, often become totally discouraged when they find themselves violating the too-strict rules they've set for themselves . . . and may quit altogether.

Go HEAVY on protein. A diet of 80% or more protein is ideal. But if you are able to make 70% most of the time, you are still well into the running. If at the same time you are putting in your best efforts with your weightlifting program, you are going to make good gains. That, I guarantee.

Roadwork For Endurance

Whether you call it jogging, roadwork, or just plain running, this type of endurance building exercise is vital to your program. For some it's hard to imagine how exhausted you can get during even a brief fight if you are out of shape. Sure, some armchair self-defense nut can tell you that if you use split second timing, a simple deadly karate chop to the back of the neck will end the encounter in your favor immediately. Or that with one move you can merely tear out his windpipe with fatal effect. All I can say to this is that it doesn't usually work out that way. Things happen very fast in a fight, and your opponent is seldom going to allow you the second you need to get the proper grip on his windpipe, besides which, his neck will be moving as he slams punches into your face. A definite distraction when you are trying to make a precision move. Ditto for the neck chop. If the opportunity presents itself, go for it. It's a good move. But your blow may be glancing, or he may just take it and come roaring right back at you. Very unscientific. And your kick to the testes may just hit his leg.

If you are out of shape you'd better end it quick . . . or you can look forward to getting really hurt if he proves to be in better shape than you are. When you run out of gas, and are puffing and blowing at the end of a minute or two, weak as a kitten, he can do pretty much anything he wants to you and you'll be too exhausted to put up much of a defense, much less put any hurt on him.

Prepare yourself for a sustained fight. Get your wind up, get in shape. Then it will be you that outlasts him if the fight goes for any length of time. If you can't mess him up

bad right away, you'll have plenty of opportunity when he's totally exhausted and you are still fresh and full of fight. He'll be defenseless and you can then kick the crap out of him. Stomp him. Or maybe you want to use your neck chop or pull at his windpipe then. Why not?

Another bonus for running yourself into fighting shape is if you are facing someone bigger than yourself, preferably obese . . . the "beefy" type who likes to throw his weight around. Well, once he throws it around for about a minute or two, every extra pound of blubber is going to count against him, wear him down much much faster than if he was not overweight. But whether he's overweight or not, if you can stay moving, keep fighting, try to stay away from this bigger person for a couple of minutes (don't let him grab you and sit on you), he'll begin to weaken, to tire. If you are in shape and he's not, he'll soon have his tongue hanging out and become easy prey.

Or suppose you are facing someone you know damn well you don't have much of a chance of beating? Or if it's just that there's no percentage in fighting the guy. Maybe he's just a belligerent drunk or on reds. If you've been doing your roadwork, and if you are in an open space or near a door, why not make tracks? You know that you can do a couple of miles easily. He's lucky if he can run two blocks.

If he really wants to get his hands on you, maybe he'll chase you until he's completely exhausted. Then, since you still have plenty of energy, maybe you'll want to turn around and beat the hell out of him.

As you can see, running yourself into shape will give you the stamina you'll need if you ever find yourself in a sustained fight. This endurance is a lifesaver, which is why roadwork is a major part of a boxer's training. You'll see many fights where in the early rounds one man is pounding the other one all over the place, obviously having more skill, or speed, or a better punch . . . until he runs out of gas in the next few rounds or a late round. Now if the other man has managed to hang in there the tables will be turned. When he's "punched out," the first boxer, even if he's basically a better fighter, will be on the receiving end . . . provided the other man is in good shape. The man who's done his roadwork is

going to win, maybe knock the other guy out. That is, unless our first boxer has piled up enough points to win the decision should he last till the final bell. Of course in streetfighting, unlike boxing, there are no rounds! Too bad for the one who runs out of gas. Just make sure it's him, not you. So run, jog, do roadwork, get in shape.

GET YOURSELF OFF AND RUNNING

Running isn't the most fun sport for me, either. But don't put it off. Get out there today, and no later than tomorrow. Getting out there is the hardest part, but soon you'll be glad you did.

Your own neighborhood is the best possible place for you to begin your running program. True, there are many ideal spots you can get into your car and drive to; country roads, the beach or the park. But knowing human nature as I do, I'd say your best bet is to make "getting out there" as convenient as possible. Suit yourself, of course, it's great if you can keep up the routine of getting into your car, or on the bus to travel to the jogging site. But in my opinion you are more likely to stick with it if you can just step out your front door and start running. You should run every day.

Of course you'll want to start out with the right equipment, the right outfit. But no need to buy a $50 jogging suit. An old pair of pants and a T shirt will do fine. If it's a little chilly you may want to pull on a sweatshirt. I'll put on a sweatshirt that I've cut the sleeves off of. Just wear anything you don't mind getting sweaty, but don't bundle yourself up just because it's a little cold. Remember, you'll soon work up a sweat. And, by the way, I don't recommend sweatsuits of any kind. All they do is make you sweat a lot of water and weaken you. You need your strength and energy to run those miles, and not to be exhausted prematurely from wearing something that sweats you and prevents the natural sweat evaporation that helps to cool your body.

Good shoes are a must. But again, no need to spend a fortune or overdo it. Good tennis shoes or jogging shoes, well fitting with good traction should be fine. If the shoes fit on your feet without being too tight or too loose, and if your

feet feel okay when you run in them, you've got yourself a winner.

Depending on the shape you are in, or how much overweight you may be, it's best to have a set distance marked out for yourself to run. Don't be ashamed if for right now you can barely make a quarter mile. It's a start and you don't want to get discouraged, so you'll want to set yourself a distance that's realistic for you. You'll soon surpass that and be doing some respectable distance.

As with weightlifting, don't go at it as if there's no tomorrow. Awhile back I began doing roadwork again after not having run for some years. I chose a distance which I felt I could make even in my shape, a little under a half mile. But when I got out there and ran full tilt figuring that it was no biggy. Once I showed myself I could run that, I could just double it, and so on. But as it turned out, I ran out of gas after a little more than a quarter mile. Those of you who have been in and out of shape can understand that you can be a lot further downhill than you imagine!

So pace yourself. Start out at a trot, a slow jog. Make your distance. Then increase the run as you build up your wind. Soon you'll be doing a mile (which most people can't), which shows you are getting into good shape, then push for a mile and a quarter, then a mile and a half, and two miles and so on.

This is not to say that you should not push until you are out of breath, fully exerted. As with weightlifting, if you do something that you can do easily you are not getting the full benefit. Your distance should be something that you must push yourself to make. At the end of your run you must be sweating, panting, and "run all to hell," as with the weight training. When that's no longer the case with present distance, you are then ready to run farther.

Road work can be boring, uncomfortable as you take in each breath with a gasp, and even painful when your side starts hurting. But that is when you know you are doing what you should do to get into shape. The main obstacle to overcome is any negative attitudes. It's so easy in the middle, or near the end of a run to say to yourself, "I've had it. I know I can make the distance, so why don't I knock off now and

make up for it tomorrow." It's so easy to quit!

Joggers and other runners have different methods to keep a positive attitude, to "keep on keepin' on." You may find it beneficial to have a jogging partner to help you get a "team spirit." But beware of this. If your buddy starts quiting early, or can't keep pace with you, he's definitely a hinder, and not a help. And for Pete's sake, don't quit or skip on running just because he can't make it. Depend on one person . . . you. If somebody wants to run with you, fine. If not, you have two legs and you'll be running on your own.

The method I used when I first started getting back into shape was to use landmarkers to keep myself going if I felt like quitting. I used to run up and down a semi-rural road in Arcata, just outside of Eureka, California. My distance was to run up to a school and back again. Whenever I was tempted to slow down and "walk for awhile," or just quit altogether for the day, I'd fix my eyes on a distant object up ahead. I'd tell myself, "Right, I think I'll quit for awhile, maybe even knock off for the rest of today. But first I'll run until I get to that mailbox up ahead. Then I'll stop." But just as I neared the box I would pick another goal even further up ahead, such as a gate or a house, and decide to keep running until I reached that. And so on, until I neared the end of my run. Then I'd tell myself, "I'd be an idiot to quit now." So I'd just complete my run.

Another great way to keep yourself on the road and your mind off how you are gasping for breath and your legs are getting tired is to "space" your consciousness a little. Think of something you have planned for later in the day or week. Or some personal problem of great concern. Better yet, take your mind to another time, another place. When I did my roadwork last summer I'd envision the face of my boy Jeffrey, who was living away from me. His voice. I'd return mental tapes of his memory, and think of how I missed him. If you get yourself lost in deep thought it's amazing the amount of distance you can cover with no conscious effort at all. It's sort of like self-hypnosis. One caution about this method, however. Try to watch the traffic if your run takes you across interesections!

When you find that you are really into the swing of

running, don't confide your efforts to simply a long jog. Now and then pour on a burst of real speed. Run full tilt for awhile, then slow down and "rest" by resuming your normal pace. Push for that endurance.

COURAGE: Your Real Power

During the Crusades, while laying seige to Jersualem, the Crusaders hurled hundreds of Saracen heads over the walls, into the city, before finally capturing it. This tactic was far from being merely a sadistic or bloodthirsty prank dreamed up by the Christian knights. By bombarding the defenders with the chopped off heads of their own people, the idea was to terrify and demoralize the Moslems. Fear drugged enemies are more interested in a truce or mercy than in fighting hard for victory. Besides which, the very act of doing something outrageous, with imputiny, to the opposition will inject courage and enthusiasm into your own side.

In warfare such examples of terror tactics are numerous. Most of us know that a sudden ferocious attack, such as Hitler's blitzkreig, can stun the enemy into submission. But the Nazis also used other tactics. Their now legendary Stuka dive bombers were equipped with special "screamer" devices. The shill shreik of the attacking Stukas would strike fear into the hearts of the enemy.

It is a historical fact that during its invasion of the Middle East the Mongol "horde" was generally no more numerous than the enemy force, and often smaller. But Genghis Khan made it a policy to send a "fifth column" ahead of his advancing army. These propagadists would spread horror tales of the ferocious Mongol army and how hideous revenge was taken on any city which dared to defend itself. By the time the Khan's troops reached the city he was often met with open gates and grovelling offers of surrender.

An example of successful psychological warfare closer to home was the mysticism and white hooded robes worn by

the Ku Klux Klan as they rode vengeance upon the carpet-baggers and blacks during the Reconstruction of the deep south.

Fear can paralyze. The best "martial arts" training in the world, or large size is useless to man who's afraid to fight to win. If your opponent is drained of courage, destroyed mentally by a sudden "terror tactic," he will either be afraid to fight, or put up only a feeble resistance . . . making your victory a sure thing.

These tactics can help to make you a winner over a bigger person. Factual advantages and numerical superiority are likewise offset by this type of psychological warfare.

For instance, in the Iron Cross Motorcycle Club we have been able to defeat forces many times our size by using "blitz," or shock type attacks. With about twenty men we have charged into the middle of commie mass-marches, and the shock of our sudden attack would take all the fight out of the enemy. Even when the supposedly militant lefties by far outnumbered us, and were guarded by "karate trained" monitors or club carrying (in one instance bailing hooks) "black revolutionaries," they would panic and flee in terror at The Moment of Truth. As they saw the flying wedge of Iron Cross fighters closing in on them, the reds would throw down their clubs, or whatever they had, and run like cowards in all directions. We would catch those who didn't run fast enough, or who remained to fight, and we'd beat and stomp the holy living crap out of them. We have never been defeated.

HOW TO DESTROY YOUR ENEMY'S COURAGE

Now let's consider how you can benefit by the examples I have given you of successful terror tactics. First, remember: human nature varies. No one tactic is guaranteed to work every time. What may work on one person won't necessarily have the same effect on another. Nor the same effect on the same person . . . depending on his mood or the time of day! For example, during a boxer's training, the same punch that might hurt him while sparring in the gym may not even ruffle his feathers if he takes it during an actual bout, when he's full

of adrenalin. Getting up in one man's face and "staring him down" might psyche him out and make him an easy mark. But if you try that with the wrong person he might become enraged and start slugging.

Often, however, instinct comes to your aid. You have, whether you know it or not, an ability to get the "feel" of what to try in a given situation. Call it a hunch. You have the ability to "smell" fear in your adversary, to "sense" whether a sudden attack will demoralize him, or whether the shock will trigger him to fight like a maniac. Perhaps in his case he's vulnerable to being "softened up," intimidated, so that fear will put a damper on his courage to fight or defend. You have a little voice inside you, altogether apart from your logical reasoning process. Listen to it.

I've developed my "little voice" and it has seldom tipped me wrong. If I'm in a confrontation, or about to make a move on someone, or under attack myself, a little bell goes off inside me, indicating a given action or reaction. The "voice" inside me says, "Go for it." I do.

Now to some tactics that I've seen work and sometimes used myself with great success. Bear in mind that there are a variety of possibilities that will work for you if you use your imagination, so don't limit yourself to only what I describe here. It's more important for you to get the "feel" of the basic principle involved. Then suit the tactic you decide to use to your own special situation.

At this point I can almost hear some of you out there starting to get impatient and say, "You've been blabbing on for the last ten paragraphs about examples and instincts. But what the hell IS the basic principle involved . . . what's the POINT?!"

Well, here it is: The key to "psyching out" your adversary is to confront him suddenly with something outside his experience. Something that's never happened to him before. Something bold, outrageous, which violates his sense of fair play. Something that shows that you have absolutely no respect for him or fear of retaliation. This type of tactic will disorient and terrify even the best.

"FOR EXAMPLE"

Those of you who have seen the movie THE GODFATHER will no doubt remember the scene where the mob put a horse's head into the movie producer's bed while he slept, in order to terrify him into giving in to a demand. I, like you no doubt, was strongly impressed by that strategy.

So quite soon after this I decided to go Hollywood one better than that . . . this time for real! In this case there was an individual who, for my own reasons, I had decided to beat up. Not only did I want this to be a special event in his life, but I knew I was out of shape, plus he was bigger than me. I decided that I'd "psyche" him first.

Now I knew that his usual routine after coming home at night from his business was to grab a bottle of booze, get into bed, and watch his color TV into the late evening until he dozed off. It occured to me that he'd be pretty rattled if, when he jumped into bed he'd slide in right next to something very obnoxious and preferably dead. A horse's head would be just too difficult for me to come by on such short notice. But I did know that I could buy a dead animal's head, such as sheep's, or better yet a pig's, at the Grand Central Market in downtown Los Angeles. So I went shopping.

That morning I bought my pig's head. Sold with the hide stripped off, it was a grisly sight. The eyeballs popping out, the gritted grinning teeth exposed and the tongue hanging out between the clenched teeth; this was an unexpected bedpartner guaranteed to make my victim want to check between the sheets for "pig's heads" for the next ten years before hitting the sack.

I kept the head until late afternoon, by which time it was starting to smell and draw flies, it being a pretty hot day. I decided to put it into the guy's bed before he came home and let him discover it when he jumped in bed. I knew he was a slob, and just as I expected, I found that his bed was a mess of rumpled blankets and sheets, with last evening's newspaper all over the bed in several sections. Perfect. I put the pig's head in a strategic spot and arranged things so that he'd never notice any telltale shape under the covers.

That evening I just took a seat out of sight in his backyard, and watched the house lights. When all the lights went off and the porch light went on, I got ready. Suddenly the bedroom light was snapped on again. That was my cue! I walked right into the house, via a sliding glass door I had thoughtfully left unlocked, and went right to the bedroom. There was the idiot standing in the middle of the room, face white as a sheet and mouth hanging open, dressed only in his jockey shorts. When he saw me coming at him, he screamed, "What the . . ." because he didn't know who the hell I was, having seen me only once before. My job of beating the hell out of him was pretty easy.

Naturally, there will be those critics of my foregoing adventure who will say, "if that had been me, a pigs head in my bed would just have made me laugh!" Or "That's a good way to get your head blown off, walking in a guy's house like that." Or even, "How do you know he wouldn't be so worked up and full of adrenaline wouldn't have been all over you?"

All I can say to all these "what ifs" is that my little plan did work and all those "ifs" didn't happen. Fortune favors the brave. When you let a lot of "ifs" and fears control your life, you might as well forget about doing anything, including fighting, because in this life there are absolutely no guarantees that anything will work out 100%. You move on your best educated guess, tailor your plans to the situation and do the best you can. Nothing ventured, nothing gained.

There are a variety of ways to "psyche" somebody. I won't go into the sudden, ferocious attack without warning very much, because I've already pointed out the benefits of this, and catching someone off guard is so obviously desireable. What I do want to concentrate on are "little things" which go a long way in draining your adversary of his heart and will to fight, just before you attack, or to offset his own attack . . . or just plain intimidate him when combat isn't appropriate or desireable from your point of view.

Everybody has his sense of "personal space." It is an unwritten law that to violate this is an insult that will compel him to fight to affirm his manhood. To do nothing is an admission of cowardice. Most people ARE cowards at heart if judged by that standard. If you are sufficiently bold and

threatening enough in violating "personal space," you will intimidate most people. It will force a person to put up or shut up. If there's any time to fight, "now's the time." If he doesn't fight at that moment, ninety-eight percent of the time he's now afraid of you. And should you decide to lay into him at that point, you have a great psychological advantage. Or you can leave it at that.

Getting right up in somebody's face can do wonders to weaken his knees. For example, once when I was in Los Angeles County Jail I was standing in the chow line and a black prisoner behind me thought he was going to give me a bad time. He said, "Hey white boy." in a tone I didn't much care for. At this point I could have done a lot of things. Ignoring the remark might have encouraged more trouble. When I turned around I noticed that he wasn't much taller than I was, and skinny, so I knew I could probably whip him pretty easy if I let him have it then and there. But there were cop guards around (at this writing they don't call them screws in L.A. County Jail) and I'd be asking for trouble. So I just shoved my face to within two inches of his and said, "Yeah. What about it?" There were a couple of ways he could have gone, but he backed off with a big grin and said, "Hey, man, I was only jivin'!" No more problems.

Your goal is to convince your adversary that "you don't give a dam." As I said, this is good just prior to the action, or in other cases to make your point even if there isn't any violence.

There are a lot of people who need to work themselves up before a fight verbally in one way or another. Hearing the sound of their own voice mouthing threats (and getting away with it) builds their confidence up to the point where they are ready to attack. Letting someone get away with this is like standing there and watching him load a gun to take a shot at you. Along with this is the type who watches your reaction to his verbal insults and threats. If you seem to buy it, to become intimidated, that encourages him all the more. At a certain point he'll attack. You must attack or challenge BEFORE he's ready.

Here I want to pause to refute the inevitable crackpot critics, self-styled "street-wise experts" (the same type who

will give you all the "ifs" about my pig's head campaign) who will tell you that a REAL card carrying badass will never tip his hands by running his mouth! Or that if you want to qualify as a bona fide baddy (like himself), you'll never be stupid enough to challenge before attacking anyone.

The first thing I want to say is that All-Knowing Poopbutts like this (I like to call them schmuck-sperts) have been known to lend their extensive worthless advice to cloud the real issues in any field that strikes their interest, but which they know nothing about. For instance, if one of these rumpkins becomes interested in fighting or horse racing, he'll immediately become an "expert" in that field (schmuck-spert), even if he's only been fishing off a pier a couple of times, or been to the racetrack once to lose a couple of two-dollar bets. Often, losers like this congregate, swapping their irrelevant theories and tall tales of their own nonexistent accomplishments or pseudo-savy. Unfortunately, street-fighting seems to be right up there with horse racing and fishing as a field that attracts these idiots . . . which is one reason so much confusion exists in this area.

As far as what type of person talks and what type does not there ARE no strict guidelines. There are a lot of people who can be very dangerous to you who will use talk to "check you out." Measure whether you have any heart, or are a mark. Besides which, who says it takes "a real pro" to do you in? A lot of muggers and murderers are amateurs or first offenders, and no less dangerous for it. The guy who puts you in the hospital with a fractured jaw and broken ribs may be your nextdoor neighbor, or even a belligerent drunk at the corner bar. Likewise, physical force isn't the only weapon in your arsenal. Psyching your adversary out can be a valuable ally just before a fight . . . or to settle the matter without one. Sometimes a key word or act can spell victory for you.

Doing things to your opponent from the neck up can prove very unnerving. I once saw a friend of mine terrify someone by spitting in his face. That took all the starch out of the character, because it told him that my friend must be pretty sure of himself to do something like that, and could probably back it up.

In the midst of a confrontation, suddenly taking a grip on your adversary's throat (especially if you've developed a terrifying Iron Grip) and snarling, "Don't f . . k with me." can be the answer. That instantly brings things down to "basics." A lot of people will freeze and submit when grabbed by the throat.

These are also good ways to shut up a dummy who keeps running his mouth when you are trying to make a serious point, such as telling him to stop doing whatever he's doing. A lot of people are used to engaging in so-called confrontations consisting of "threat-displays" between a couple of rumpkins. These "showdowns" consist of nothing but hot air, yet after the incident both parties will brag about how they "Almost smashed the other guys face in, " or "I WAS ready to beat the hell out of him!" When confronted with the real thing most of these idiots will not realize it, and force you to the point where you have to acutally hurt them to make your point. Then, as likely as not, they'll switch roles like a little kid. Whereas before they were playing Bigmouth Badass . . . if that gets them hurt they'll become Super Citizen and call the police on you.

In this situation a psyche-out tactic is very appropriate to show him you mean business without risking arrest. In one case an aquaintance of mine instantly shut up a man who was trying to play "threat-display" by reaching up and pulling off the guys specs. Presto-chango! Suddenly the clown shut his yammering yap with an audible click of the teeth and turned pale as a ghost. Like magic he was now very silent and respectful, and now completely understood my friend's point of view. His only response now was a vigorous nodding of the head in complete agreement.

A lot of people will run their mouths right down to the wire until you show them you are serious, by putting a little hurt on them, or maybe a lot. This cuts the conversation and creates a new mutual understanding. But often psyching them out can do the same thing.

Sometimes a great tactic will suddenly pop into your head without any advance planning at all. Some years ago on a bright summer's day I won a fight when I suddenly pulled off a guy's sunglasses and laid into him. Not only did the act

send a shock of fear through him, but he was temporarily blinded by the sun . . . all of which worked in my favor. More recently I've seen someone greatly unnerved just by having his sunglasses pulled off in a near-fight!

Most people have a one-track mind, meaning that they can't do two things at once . . . such as talk and fight at the same time. A play that can give you a real head start in a fight, maybe the few seconds you need to mess someone up, is to score a Sunday punch on your opponent while he's talking. You say something to him that's threatening or insulting, then when he starts to answer back you knock his block off.

These psyche-out tactics I've supplied you with so far are merely a few of the thousands of possibilities that are open to you. So, students, I'm sure that with a little imagination on your part you'll be able to invent your own little mind-messing strategies to get the drop on the unsuspecting adversaries you'll sooner or later be facing in the street.

How To Hire And Use Muscle

While I have always believed in fighting your own battles whenever possible, there are times when you are outclassed. No matter how well you learn to fight, there is always going to be somebody bigger and tougher: somebody you can't take. If you run up against this person in the street you're going to lose. If such a person decides to beat you up, to mug you, to attack you, then he has a definite advantage over you. Unless you are Superman, there are plenty of people who fit this category. And sometimes you will simply be outnumbered. Chances are that your attacker will be somebody who has sized you up and knows damn well that you don't have much of a chance against him.

The way you can beat this is to bring in someone bigger and badder against him. This makes it a whole new ball game; the odds are not on his side anymore — they're on yours. If your business takes you into a rough part of town, or you have to deal with belligerent characters in some way, then there is just no substitute for muscle. Not everybody is six feet, four inches tall or weighs 250 pounds, but if you have a muscleman approaching this size then you've pretty well got everybody licked. When you hire muscle, either to get something done, for protection, or for settling accounts, whatever the case is, then your advantage is instant. You don't have to build yourself up or build muscles or get a dog. All you have to do is get somebody you can depend on. If you've got the money, he's got the time, and money talks. It screams! With it you can get a lot of things accomplished. When somebody knows he's getting paid for a job, he will do a lot of things for you. There is a tremendous amount you

can accomplish, even against your next-door neighbors.

I used to run an employment agency office and there were those who didn't want to pay their bills. Some of these people thought they were pretty tough customers. Now I'm not very impressive looking, and if I went out myself and asked for payment I would have a pretty hard time. (One of these reasons I've been in so many fights is because I am short and pleasant-looking. I've often had to beat on other people merely to get them to take me seriously). But if I showed up with somebody who could command respect — somebody who was big and looked mean — then 90% of the time I got instant respect. Business could be talked over and money paid without a bunch of Mickey Mousing around or jockeying for position. That's why it's always better to have a big, tough-looking bodyguard. Most of the time size alone is more than enough to scare off the opposition, but it's a bonus if your muscle really is tough and can back it up. There are two main types of "muscle" you can use: the bodyguard who is purely defensive and will protect you against aggression, and the muscleman who you will actively use to intimidate your opposition. In both cases, size and strength, even more than fighting experience, are the points to look for, and the following will tell you how to go about it.

HOW TO HIRE MUSCLE

The first thing is for you to select a candidate. While friends can be a good beginning, I have found the best way to hire (say, a personal-protection bodyguard) is simply to advertise. This is opposed to employment in a straight muscleman. He has to be someone that you know; someone who will do the job and take a payment but who won't snitch on you if the going gets rough. Hiring somebody out of a newspaper ad as a "hit man," or to break somebody's head, can be decidely risky. You don't even know if the guy answering your ad might be a cop just waiting to entrap you. So you don't go out and hire a muscleman through a newspaper ad to do some dirty work. However, you can hire somebody to be a good bodyguard, a good bouncer, somebody to stand up and fight and beat the hell out of anyone who attacks you, or who you can pay to go back down somebody for you; to make them cease and desist from harrassing you. Mere threat is usually quite sufficient once a person knows he is outclassed.

And now down to the actual business of advertising for and screening your bodyguard or bodyguards. First of all, select the "Help Wanted" section of the newspaper and place an ad in there to run like this:

> Bodyguard. $20/hr. Must be well over 6' tall. Well over 200 lbs. Preferably experienced as a bouncer or something related. Must have good attitude and be able to handle belligerent people. (Name and Phone No.)

An ad like this is designed to discourage anybody not big enough to look formidable, and anybody who thinks he's going to get some money and not have to earn it. And on the subject of money, make sure that the job sounds like it's going to be worth it. Your candidate should know that if he is hired on a one-shot or occasional basis — unless you're rich enough to hire someone by the hour, which most of us are not — that he will get his $20 even for just two minutes of work. This will sound lucrative to a lot of people who are out of work. Don't let anyone tell you that you need to pay someone big bucks when you can put a good man on the muscle for less.

SEPARATING THE WINNERS FROM THE RUMPKINS

When you get a response to your ad, you start screening them over the phone so as to avoid wasting their time and yours; there are things you want in a bodyguard that you don't want to compromise on. Plenty of big guys around have seen a movie like "Dirty Harry" and decide they want to be some kind of a big hit man or a bodyguard, but when it gets right down to it suddenly find reasons why they don't want to do their job. These are people who want "the name without the game."

You want to select the genuinely tough guy who can handle the job and won't let you down or hand you a big

argument or bunch or excuses when it's time to use their muscle. In screening you make it definitely clear to the person what you want. Give him a chance to explain what he will do and will not do, because there are definitely some people who are just too much trouble to waste time with. One type is the "reluctant warrior" who might give you a line about talking and reasoning with someone, but who would not want to get into a fight. The minute somebody comes off with that line, I feel he's aced himself out of the spot as far as I'm concerned. The idea of paying somebody to play "mediator" is ridiculous; if you want to put the fear of God into someone, you don't want it to backfire on you because of some clown trying to dictate rules concerning what he will do and won't do. Avoid him; he's a rumpkin.

Another type you should avoid is somebody with a lot to lose. You'll have someone like a professional boxer call up. Let's face it, he's tough, he can fight, and everything else; but when it comes down to the wire he may complain that his career will be at stake if he should hit anybody for you. You don't want this guy either. The same goes for someone with a police record for battery who's super-affraid of getting arrested. If the person, for whatever reason, won't fight, then you don't want him.

Another type of person is someone who tries to psychoanalyze you. He'll be very suspicious about what you want him for, he'll question you about your motives, (why you need a bodyguard and baloney like that), and make other attempts to "psyche you out." Again, you're not hiring a psychologist to examine you and find out if you have a problem. You know what you want and are interested only in someone who will do the job and take the money and that's it. If they just want to hash it over, then forget it. A lot of people use this ploy, by the way, as their own means of backing out because they just don't have the courage for the job. They'll say they want to be a bodyguard, but somewhere along the line they'll just punk out. They won't be honest enough to simply say, "I don't have the balls for the job." They'll even take the attitude that they don't want to "fight your battles for you." Now, that's totally ridiculous. That's what a bodyguard is for. And if they don'twant to fight some

of the battles for you, then what the hell do they think they deserve the money for? It's important to remember that a lot of idle chatter is a cover for cowardice.

One excellent way to command the respect of your candidates and choose a person who is really tough is to hire a bodyguard to be with you while you are interviewing other bodyguards. You have a big man sitting alongside of you, so what you watch for is whether or not the candidates for the job seem to be intimidated by your supposed "right-hand man." If a potential bodyguard does seem to be intimidated, then you might have one of those big chickens that you don't want: some guy who's gotten by on his size alone and maybe never even had a fight in his life. When he gets into a real situation where there's danger, he backs off and makes some excuse, which a lot of people will buy because he looks tall and he looks tough. Lots of times a big size hides a big coward. Confronting one big person with another big person — somebody his own size or a little bigger — is therefore a very good way to sort out the cowards from the competents.

What you do want in a potential bodyguard is somebody who looks tough and is tough: somebody who will do what you want him to do and when necessary will fight and clean up on your enemies. When hiring, get a "feel" for your candidates and begin to know who will "hold his mud" when the situation demands it. Sometimes you will luck out and find a winner right off the bat. One man who came in had been a bouncer at several nightclubs (by the way, it helps to check references, too) and said he was eager to have the job and was willing to go out in the back alley and have it out with any other candidates. He was willing to do it right there, right then, he was willing to wait for the next guy to show up, so I knew he wasn't bluffing. I hired him immediately. Another winner is someone who comes in and it seems pretty obvious that he's willing to do anything. This is what you'd call an "eager beaver" and is an excellent choice for a bodyguard. As I said before, be careful that this guy is not a cop. I check him out, but if he's OK, then his eargerness to fight indeed makes him a winner.

Let's say I want to make a move on somebody for some reason. I want my muscleman to do something for me, so I'll take him along and use him as part of playing the "bad guy/good guy" technique: I'll have my muscleman play the "bad guy" and I'll play the "good guy." In one particular case I can mention, I had my man go into a room and slam this guy up against the wall, and act like he was going to kill him and tear him to pieces. So after this guy is scared (he feels that this head crusher is out to beat the stuffing out of him), I come in and say, "Hey, hey, leave him alone. He's a nice guy. Don't hurt him." So I ask what this is all about (of course I already know what it is all about because I have it all planned); then my muscleman says he's going to beat the crap out of this dude because of such-and-such, and I say I'm sure we can reach an agreement, that this guy is really okay, there's no reason to get violent, etc. By now, the poor guy (just about ready to wet his pants) is ready to do anything. So I take him aside, tell him that this monster is about to skin him alive, and I saw what he did to some poor turkey recently. I say I'll talk to the guy and straighten things out, as long as he agrees to cooperate. That makes me the good guy. And so we get things done without any more beating around the bush. The police use similar methods to get people to confess.

Remember, however, that it doesn't always take a "pro" to make an effective muscleman/bodyguard for you. I've used both. There are definite benefits to using the amateur . . . just some big guy who can use some money and wouldn't mind getting in someone's face in a lightweight situation. Mainly, he won't want much money! And he won't turn up his nose at squaring away, let's say, nasty neighbors for you. There are drawbacks, however. Few people can stand the pressure of for-real bodyguarding, getting in fight situations on call. I estimate that you can use an amateur about two to four times before he gets the idea, "Hey, I might get hurt doing this!" Then he'll find a cop out, usually along the line that he "doesn't want to fight your battles anymore." Something to save him from looking like a coward and put the

blame on you, to make you look like a rumpkin or trouble-maker. When this happens, he's served his purpose, so find yourself a new one. The supply is endless!

One of these amateur bodyguards I was able to use 5 times. The first time was when I'd recently moved with my family to Humboldt County in Northern California. I had moved to Eureka because I'd heard that this was a nice mellow area to "settle down in," as a friend of mine had done. And I felt I'd had my share of hassles, both personal and legal over the years, so it was time to become a solid citizen and relax. But I had a lot to learn! Very soon I found that I'd moved into an apartment complex full of drunks and scumbags, a family-clan which began hassling my family. I had no connections in Humboldt, so I shopped around and got myself an amateur muscleman, 6'5" tall. I decided to go to their door, call them outside, and advise them that they were to cease and desist the harrassment or somebody was going to get hurt. If they wanted a fight right there, then OK, we'd go Duke City right on the spot. But more than likely they'd find themselves outclassed, realize they no longer had me outnumbered, and know that if they wanted trouble they would get more than they could handle. And what people don't want is trouble that is more than they can handle.

So we went to the door, knocked on it, and I said, "Okay, now I want all the male members of your family outside." They took one look at this big guy and immediately started to get intimidated right there. I had the battle half won right then, or I might even say three-fourths won, 'cause they knew what we were there for. One or two of the "braver" members finally came out, and I just gave them some straight talk: they'd been causing me a lot of trouble, and it was going to end right here and now; one way or the other. We could finish it by having an agreement, or they could finish it on the ground. As I more than half-expected with people like this, bully types that like to hassle people just for the hell of it, they started to bleat out stuff like, "We didn't mean it," and "There was a misunderstanding," and the rest of the whole load of guano.

Then some female in the background croaked something about "Well, we've got some friends, too," and my body-

guard came through by saying, "If anybody comes down on George, I'm gonna come down on you people! I'm gonna come down on you people standing right here!" This guy was 100%. He was active. He didn't stand in the background. The poopbutts knew that he was ready and willing to back it up right there, right then. They backed down right away, knocked off what they were doing, and I never had anymore trouble with them. For his time I paid him a twenty dollar bill. The whole thing took between five and ten minutes, so it was well worth it to him, and it was a very worthwhile twenty dollars that I spent, having saved me a lot of possible trouble.

As you can see, there are often very definite advantages to having others fight your battles for you, so to speak.

Remember, however, that there are those who would try to discourage you from using this winning strategy . . . and often it's the very people you are putting in their place . . . ridiculous as it may sound, considering all the hassle they have given you or had planned! Generally, this will take the form of accusing you of "not being able to fight your own battles." Bringing in outside interference isn't fair! After all, your enemy went to all the trouble of sizing you up and deciding that messing you over was fair and right, since you were outgunned or outnumbered. He's got it all planned. But you wrecked everything by turning the tables on him, which isn't fair at all! It's against the "rules!" The "right" thing for you to do is to play the game his way, one-on-one (or maybe 5 on one), after all, that's how he set it up . . . forget the fact that he started the trouble, thinking that you didn't have a chance. It's often amazing (even amusing) to listen to the arguments people like this use to try to condemn you for forcing them to behave themselves.

Don't buy it. Anyone who starts trouble with you, in particular anyone who tries to use an unfair size or strength advantage or weight of numbers, deserves whatever he gets. What do you owe him? The logic of people like this reminds me a lot of an incident involving my two sons, Jeff and Terry. Two brothers, aged 11 and 12, decided they were going to beat up my son Terry, age 7, because they were jealous of the trophies he'd won in boxing tournaments

against kids his own age. Jeff, also a boxer, but age 11 . . . and the same size as the two brothers . . . put a stop to their bullying of Terry by belting one of the brothers in the mouth and warning them off. These two were so cowardly that they begged for mercy and were afraid to defend themselves. But their parents called the police about the incident, and maintained that a great injustice had been committed. They explained that since the original "fight" had been between their two 11 and 12 year old sons against my 7 year old boy, that the "right" thing for all concerned was to let Terry fight is out with the two much bigger and older kids!! As you can guess, the cops laughed in their faces. Realize that a lot of people who start hassles with you have the same childish reasoning processes as the people I've mentioned. Don't argue with them or listen to their excuses . . . just put the fear of God into them.

Word will get around that anybody who gets in your face is likely to wind up facing a muscleman . . . someone who will force them to either do a humiliating about-face, or risk ending up in the hospital.

The prime rule in street fighting is to do anything and everything to win. Since defeating your enemies in the street is what this book has been all about, it would be incomplete without having given you a weapon you can use as "the" trump card: unlimited muscle, not resticted to your own body. That's where your bodyguard, or muscleman comes in.